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March/April 1993
OFFICER STUDENTS' SPOUSES' CLUB MAGAZINE

the classmate

An aerial photograph of a coastal town. In the foreground, a large, modern, multi-story building with a complex roofline sits on a peninsula or near the water's edge. To its left, a large industrial building with several tall smokestacks is visible. The town extends inland with various residential houses and green spaces. The ocean is in the foreground and to the right, with waves breaking against the shore. The sky is a pale blue with some light clouds.

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The monthly deadline for ALL copy to the Editor, SMC 2330, is the 1st of the month prior to the month of publication (November 1st for publication in the December issue). The deadline for advertising copy is the 5th of the month prior to the month of publication.

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EDITOR'S NOTE

by Jacey Skillman

This is my last issue. Can you believe it? Some women have spent the last nine months producing a baby. I have spent it producing eight issues of this nice little magazine. Last winter when I volunteered for this position, my husband and my mother both tried to talk me out of it.

"It will take up a lot of your time," said Mom worriedly. "It's a big responsibility."

"It won't be as great as you think it will," said Brad. "Just because you're the boss doesn't make your job all fun."

Against their better judgment, I took the job. I admit that the thought of Unlimited Power and Complete Creative Control had me in an absolute tizzy. I was sure with my help and guidance the magazine would bloom and grow to dynamic proportions. (I am indeed an idealist at heart).

Starting with my very first issue I had troubles—specifically, not enough copy to fill all my pages. We had problems with the printer, with personnel, with advertisers. Every month we fought a new fire. When a

new issue would come out, I often felt like SNL's Stuart Smalley— "This is not my best show...etc."

Aside from those little problems, I did get to address all the articles I had in mind. In particular I loved the January issue, "Pursuing A Career." It said just what I wanted it to say. I have loved this magazine so much I wanted to kiss it—and hated it so much I wanted to slap it.

Before I started this job, I had always fancied myself a writer, but abject fear kept me from sending anything out to be published. Now seeing my name in print is old hat (not really, but you know what I mean). The Classmate made me sit down and write. And I thank you, the reader, for providing me with that opportunity.

Since this is the end of my tenure, I do want to profusely thank my entire staff. They have worked diligently to produce some very fine pieces. I am especially indebted to Carol Jones and Monica Maurasse. They know the reasons why.

I also must thank my Political Advisor, Marianne Roser. She was always there with her velvet hammer, pointing out the way things are best accomplished. She always waited to be asked for advice, but even then, she let me carry out my own decisions, even when I begged her to do it for me. I can but hope experience will teach me what she

already knows.

I especially want to thank all my neighbors who joined the Classmate so readily. Kitty Soutter was roped in as photographer when we had none by virtue of living across the quad and having a good camera. Andrea Adams and Carol McGuire were also great for turning out articles at extremely short notice. My other neighbors have been nothing but supportive of my efforts, and have always been quick to repeat compliments about the magazine. For this I am truly grateful.

Most importantly, I want to thank my kind husband who loved me enough to let me jump into this thing head first. He has done a fabulous job at keeping his "I-told-you-so's" to himself. He has shown his support in every way possible - from letting me rant and rave to baking desserts for our monthly Classmate meetings. I'm glad I married you.

I leave this magazine in the capable hands of Paulla Estes. I am sure she will be more than equal to the task. If this is your first issue of the Classmate - Welcome Aboard. In it you will find everything you wanted to know about our area, the good and the bad, the cheap and the free, the new and the old. Good luck to you. And just in case you're wondering, I think the Editor's job will be open again in six months—if you join the Classmate now, maybe the next Editor will be you!



The Classmate Staff: Sitting left to right Cheryl McGuire, Ivy Kilby, Lorelee Tapp, Paula Roddenberry, Carol McGuire. Standing left to right Kellie Wallace, Monica Maurasse, Paulla Estes, Jacey Skillman, Carrie Osborn, Marianne Roser, Kitty Soutter, Lee Ann Armbruster.

2 Classmate

As many of you know, I will try to follow in the footsteps of Jacey Skillman as Editor of *The Classmate* starting with the May issue. For those of you who are familiar with *The Classmate* and the many wonderful things Jacey has done with it, this will be a hard act to follow.

Meetings will be held the first Wednesday of every month at 7:30 p.m. *The Classmate* welcomes writers, illustrators, photographers, or anyone else interested in helping with the publication. We are also looking for a new assistant editor. For more information, please call me, Paulla Estes, at 649-3702.

President's Message

by Faith Williston

Welcome! I know we have many new students who have just arrived to Monterey and the Naval Postgraduate School. Let me tell you a little about the OSSC. The Officers' Students' Spouses' Club is involved in many aspects of NPS life. We are a nonprofit organization whose membership is open to all spouses of students enrolled at NPS. Our purpose is to encourage friendly association among members, to provide services, charitable assistance and support causes sponsored by the military and the community, and to promote social, cultural, community and recreational activities. We are busy!

OSSC was busy in January and February with elections, special projects, make-over night, the detailers visit and Cram-A-Lot. The make-over night was done by Chris of Carmel and everyone had a great time! Chris and her staff said they had such a great time they would love to plan another evening with OSSC. Thanks Chris! (Chris advertises in this publication.) The detailer's meeting

was a great success, I hope you had all your questions answered.

If you missed Cram-A-Lot, you will have another chance to catch it in August but if you



saw it, wasn't it great! Thank you to Angela Ellas and Lisa Brown for their hard work! Thank you to all the cast and crew for dedication and to Deryl Hess and Diane Engle



for their unending willingness to help!

Elections were held on February 1st thanks to Lorraine Johnston's hard work. The results: President - Faith Williston, First Vice President - Alena Peterson, Second Vice President - Melodie Weddle, Recording Secretary - Lorelee Tapp, Corresponding Secretary - Wanda Meirer and Treasure - Sally Robinson. Thank you for your dedication to OSSC. I am looking forward to working with you all this next six months.

Upcoming in early April will be the Easter Eggstravaganza on the 3rd, members meeting on the 5th, the Art Auction on the 17th, and Spring Adobe tours will be on April 24th.

Again welcome to NPS and to the OSSC. Please feel free to call me if you have any questions.

OSSC MEMBERSHIP

The OSSC is the Officers Students' Spouses' Club of the Naval Postgraduate School for the spouses of all students. In addition to sponsoring monthly activities such as luncheons, OSSC also sponsors the Art Auction, Adobe Tour, International Students' Spouses Tea and many other Holiday events. Dues collected entitle you to member discounts as well as monthly Pink Flyers and the OSSC Directory. To obtain membership, fill out the form below and send it with a check made out to OSSC to: Laurie Kearns, 124 Brownell Circle, Monterey, CA 93940; SMC# 1922; phone# 375-5026. 1 year (4 quarters) = \$15.00; 18 months (6 quarters) = \$20.00; 1 year or more (8 quarters +) = \$25.00. This is a one time fee. The International Wives' Membership is free.

SMC # _____ New Member _____ Renewal _____ Active _____ Associate _____

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Curriculum _____ Graduation Date (month/year) _____

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Are you interested in committee work? YES _____ NO _____ Volunteer? YES _____ NO _____

Would you like to participate in our club administration? YES _____ NO _____ Would you like a copy of the OSSC By-Laws? YES _____ NO _____

Do you wish to have your Name, Spouse's Name and Service, Address and Telephone Number in the OSSC Directory? (members only) YES _____ NO _____

The Gift Of Life

LT Debbie Morris, a student in the ITM curriculum, has a niece who was diagnosed with leukemia in May of 1992. After numerous chemotherapy and radiation treatments and a failed bone marrow transplant with her own bone marrow, Ashlyn is desperately searching for a donor to save her life. NPS will be conducting a marrow donor drive in March to add potential donors to the National Bone Marrow Registry. All active duty personnel, their dependents, and DOD federal employees between the ages of 18 and 55 are invited to give the "Gift of Life." At the drive, a small amount of blood will be drawn to be Human Leukocyte Antigen (HLA) tissue typed by the C. W. "Bill" Young Marrow Donor Center in Washington, D. C. This information as well as your contact data will be entered into the registry. If you are one of the lucky "matches" to someone in need, a further request will be made for additional blood testing. If it is determined that you are



"Go ahead, make her day!"

a potential life-saving candidate, you will be asked to donate bone marrow through a simple procedure.

The drive will be conducted on the following dates:

Sunday, March 7th and 14th from 10:30 a.m. to 1:30 p.m.

Tuesday, March 9th and 16th from 9:00 a.m. to 1:00 p.m.

Thursday, March 11th and 18th from 9:00 a.m. to 1:00 p.m.

Due to the limited number of draws permitted each day (approximately 200), sign up sheets will be available through OSAC representatives, Dr. Oswald at 656-2660, Chapel Office at 656-2241, and LT Debbie Morris at 646-1075. Some medical restrictions exist. Minorities are especially encouraged to sign up since bone marrow is inherited in the same way that eye and skin color are. Active duty members stationed in the Middle East during Desert Shield/Storm are eligible.

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The Book Nook

by Paulla Estes

THE EDUCATION OF LITTLE TREE by Forrest Carter

"Gramma said when you come on something good, first thing to do is share it with whoever you can find; that way, the good spreads out where no telling it will go. Which is right."

Having read hundreds of books of many different types including science fiction, romance, historical, fantasy, and of course the classics, I can firmly declare that The Education of Little Tree is the best book I have ever read. Little Tree is an unusual book which may be read by children as young as twelve, but can be enjoyed again and again by adults. It is about life, growing up, hurting, learning and loving.

The author of Little Tree, Forrest Carter, was also the author of Gone to Texas, better known as The Outlaw Josey Wales. Little Tree is Carter's autobiographical remembrances of his boyhood spent with his Eastern Cherokee grandparents in the mountains of Tennessee during the 1930's. But it is more than just a touching story of childhood memories. As Rennard Strickland put it, The Education of Little Tree "speaks to the human spirit and reaches the very depth of the human soul. It is a book from which one never quite recovers. After reading Little Tree, one never again sees the world in quite the same way."

The story of Little Tree is told in the point of view of a five-year-old boy who has been orphaned and is sent to live with his country grandparents whom he has never met. His descriptions are priceless, including accounts of him and his grandfather exploring the mountains, setting traps, visiting the still, and planting vegetables.

Each chapter tells a new story, with the relationship between Little Tree and Granpa becoming stronger and stronger. Perhaps the most hilarious narrative is Granma's reading time. Each month Granpa and Little Tree are sent to the

library to collect books to be read by Granma, since neither of them can read. On one occasion, the librarian sends them home with a copy of Shakespeare's Macbeth. After Granma has read the story, with the full attention of Granpa and Little Tree, Granpa is disturbed:

"I'd edge closer to Granpa's rocker. He'd stop rocking when Granma got to the stabbings and the blood and all. Granpa said none of it would come about if Lady Macbeth had minded doing what a woman was supposed to do and kept her nose out of the business that rightly ought to have been done by Mr. Macbeth, and besides, she wasn't much of a lady, and he couldn't figure out why she was called such, anyhow. Granpa said all this in the heat of the first reading. Later on, after he had mulled it over in his mind, he commented that something was undoubtedly wrong with the woman (he refused to call her Lady). He said, however, he had seen a doe deer one time, that was in heat and couldn't find a buck, go slap-dab mad, running into trees and finally drowning herself in the creek. He said there was no way of knowing, because Mr. Shakespeare didn't indicate as such, but it all could be laid at the door of Mr. Macbeth - and indication was along that line - as the man seemed to have trouble doing just about anything."

Little Tree takes everything Granpa says as gospel, and Granpa does his best to educate Little Tree in the ways of living as a Cherokee in the mountains. They encounter danger, laughter, and tragedy, and all hope is nearly lost when the state comes in more than a year later and tries to take Little Tree from his loving, yet "illiterate" grandparents.

The Education of Little Tree will move you from laughter to tears and back again with surprising frequency and its poignancy will haunt you for months after you've read the last page. I read it for the first time nearly a year ago, and upon reading it again, I laughed and cried even harder.

As described by The Abilene Reporter, "There's humor tragedy, tenderness and, most of all, love... A lot of people received a lot of education from their grandparents that schools don't offer. But few have expressed it as well as Little Tree."



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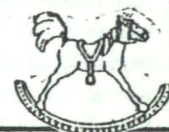
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Learning Can Be Fun!

Teaching Our Leprechauns To Appreciate The Green

by Lee Ann Armbruster

"Mommy, buy me that!" is a commonly heard phrase dreaded by parents. The value of money is a very hard concept for children to grasp (as well as for some adults--remember the one about: "How can I be out of money when I still have checks?"). Teaching our children to appreciate money is very difficult to do, and in today's world of convenience, it's easy to see why. It seems as though Mom and Dad always have money. It just appears when parents write checks or use an ATM. Parents are able to buy wonderful things with a simple piece of plastic. No worries or problems--until the bills roll in. But, children don't see that part of our financial situation. How can we parents teach appreciation and responsibility for money? Is there an easy way?

I searched for answers to these difficult questions by talking with parents of school-aged children. Their advice was varied, but it proved to be very imaginative and workable. Some believed in giving allowances for the completion of chores. Some believed in giving allowances whether chores were done or not. Others gave no allowance but encouraged "free enterprise" (e.g. babysitting, neighborhood jobs, recycling). Here are a few suggestions for you to consider:

Recycling for cash

Debbie's nine-year old son collects aluminum cans, glass bottles, and plastic soda bottles. He has a regular route in the neighborhood and collects from several neighbors, as well as those cans and bottles used at his home or on family outings. It is his responsibility to sort the recyclables and crush the cans. Once a month he and his parents take the recyclables to Ft. Ord and cash them in. The son is allowed to pocket half of earnings, and he is then free spend this half on whatever he chooses. The other half is deposited in his savings account. Because he makes such a hefty sum at recycling, Debbie's son does not receive an allowance.

Home Banking

Margie's sons receive an allowance for their completed chores, such as taking out the trash, sorting recyclables, sweeping the outside walk, and cleaning the yard. Her oldest son also babysits for the family. Besides their allowance, the sons generally receive money from grandparents at birthdays and Christmas. To keep up with all their earnings and expenses, they participate in PARENTBANK, an at-home checking account. Mom is the bank, and each time a son wants money, he must write a check to mom. He is responsible for keeping up with his balance in his checkbook, recording all deposits and withdrawals. Margie found the PARENTBANK (made by Jaycor, Inc.) at Toyland at Ft. Ord and thought it would be the perfect money management solution. She says, "It helps them keep track of how fast they go through their money."

Real Life Banking

Dierdre's teen-age daughters have their own telephone and are responsible for paying their own bills. One daughter has been given the privilege of having a credit card from one of her favorite stores. They earn their money by babysitting. Living in La Mesa gives them plenty of opportunity to earn money, and according to their Mom, some weekends they bring in as much as \$40 each!

Each daughter has a checking and saving account at Navy Federal Credit Union. Earnings are divided up, and half goes into the checking account and half into the savings account.

Dierdre was very impressed with the seriousness NFCU took when dealing with these young adults. Despite their ages, NFCU representatives took the time to explain the services with which the daughters would be entitled.

As you can see, parents' approaches to teaching the value of money vary from fam-

ily to family. It is interesting to observe how responsibility generates appreciation.

More Resources for teaching appreciation for the green:

Books:

1. A Chair for My Mother, by Vera B. Williams

A lovely story of a little girl, her mother, and grandmother and how they save their pennies, nickels, and dimes to buy an easy chair.

2. Something Special for Me, by Vera B. Williams

The little girl, mother, and grandmother team up again to save enough money to buy a special birthday present.

3. Alexander, Who Used To Be Rich Last Sunday, by Judith Viorst

Where did Alexander's money go? Find out what happens to the money his grandparents give him. Lots of fun!

Video:

4. Buy Me That: A Kid's Survival Guide to TV Advertising, by Films Incorporated Video.

Teaching Tools:

5. Bankit, by Discovery Toys. This system teaches responsibility and money management, smart savings, and checkbook balancing. Parents play banker. Comes complete with checks, ledger, kid's and banker's manuals, deposit slips, saving envelopes, and more.

(The books and video are available from the Monterey Public Library)



A Cure for Bare-Wallitis

Do you find yourself wearing sunglasses in your home to keep down the glare? Do you keep a stock of GE non-glare bulbs in your pantry? If these symptoms sound familiar, you may be suffering from bare-wallitis. This disease appears to run rampant in many of our homes.

The OSSC Annual Art Auction guarantees a cure for all those aching walls. Genesis Galleries will auction off various pieces of art ranging from watercolors, serigraphs, estampes to other limited edition graphics. The Genesis collection includes such international and nationally known artists as Jim Buckles, Jane Wooster Scott, Leroy Neiman, John Kelly, Hiro Yamagata, Erte, Marc Chagall, Picasso, Krasnayansky, and many more....

This year's event will be held Saturday April 17th, in the Barbara McNitt Ballroom at

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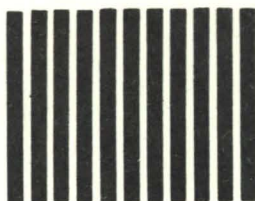
2. Something Special for Me, by Vera B. Williams

The little girl, mother, and grandmother team up again to save enough money to buy a special birthday present.

3. Alexander, Who Used To Be Rich Last Sunday, by Judith Viorst

Where did Alexander's money go? Find out

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9.50	10.45	9.32	8.41
9.75	10.60	9.49	8.59
10.00	10.75	9.65	8.78
10.25	10.90	9.82	8.96
10.50	11.06	9.98	9.15
10.75	11.21	10.15	9.34
11.00	11.37	10.32	9.52
11.25	11.53	10.49	9.71
11.50	11.69	10.66	9.90
11.75	11.85	10.84	10.09
12.00	12.01	11.01	10.29
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The OSSC Annual Art Auction guarantees a cure for all those aching walls. Genesis Galleries will auction off various pieces of art ranging from watercolors, serigraphs, estampes to other limited edition graphics. The Genesis collection includes such international and nationally known artists as Jim Buckles, Jane Wooster Scott, Leroy Neiman, John Kelly, Hiro Yamagata, Erte, Marc Chagall, Picasso, Krasnayansky, and many more....

This year's event will be held Saturday April 17th, in the Barbara McNitt Ballroom at Herrmann Hall. Our evening begins at 6:30 p.m. with a preview of the art available. Hors d'oeuvres and complimentary wine will be offered. This preview will allow an opportunity to look over the art, and decide upon which pieces you might like to bid. The auction will begin at 7:30 p.m. There will also be two major and hourly door prizes. Art not bid upon during the evening will be open for bid again at the Stand Up Auction on Sunday April 18 at the Officer's Club from 10:00 a.m. until 2:00 p.m..

While enjoying yourself at the auction and curing your bare-wallitis, remember you are helping local non-profit organizations. Historically, these funds have been allocated to La Mesa School, the Boy and Girl Scouts, Navy-Marine Corps Relief, the American Red Cross, and scholarships for military personnel and their dependents.

So fight back bare-wallitis by attending the OSSC's largest annual fund raiser. Tons of fun and excitement as you participate and watch friends and neighbors bid and paddle it out for prized art works. Bring a friend and spend an evening with us, and pitch those awful horn-rimmed sunglasses away.

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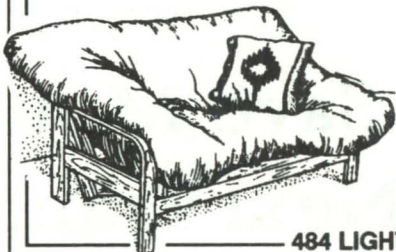
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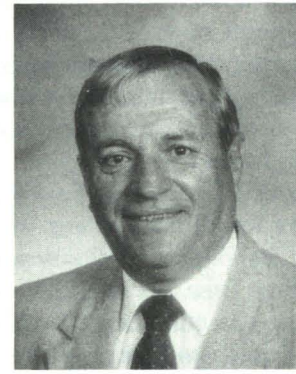
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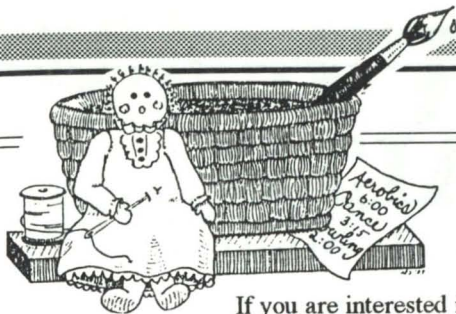
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Horse Back Riding Lessons - Toni Venza (373-3495)

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TO YOUR HEALTH

Running and the Biochemical Soup

by Jay C. Cook, D.C.

The effects of running on the chemistry and physiology of the human body are much more profound than researchers originally suspected. Whereas just a few decades ago running was something only boxers did to build up their "wind," (they didn't even call it running -- it was "roadwork"), it is now evident that a regular running program changes the biochemistry of virtually every organ system in the body.

Thanks to the remarkable adaptive properties inherent in our cellular metabolism, the continuous cycle of stress (from running) plus adequate rest results in an amazing array of chemical, and therefore functional, changes within ourselves.

So, next time someone snidely asks you why you run so much, don't just tell them that it's good for your heart and muscles, tell them you're completely overhauling your biochemical soup. If they seem puzzled (and they will), then calmly explain how running:

- Increases the stroke volume of the heart.
- Increases collateral circulation within cardiac and skeletal muscle.
- Increases the oxygen extraction and utilization properties of muscle.
- Improves glucose and fat utilization by muscle tissue.
- Increases glycogen storage and reduces fat storage.
- Reduces serum cholesterol and triglycerides.
- Stabilizes serum glucose levels.
- Reduces mean arterial blood pressure.
- Increases red blood cell oxygen-carrying capacity.
- Stimulates white blood cell production.
- Increases sweat gland activity, improving heat dissipation.
- Elevates mean basal metabolic rate.
- Increases bone density.
- Increases tensile strength of tendons and ligaments.
- Maintains optimum joint lubrication.
- Improves neural transmissions.
- Elevates certain brain neurotransmitter levels.
- And probably does about 100 other things which are all beneficial.

Then again, you could simply respond by saying, "Oh, just for the health of it!"



About the Author...

When Jay Cook was running 26.2 miles in two hours 35 minutes, he was the Army's age group champion. He studied what good runners eat/wear, how they swing their arms, plant their feet, lift their knees... how they sleep. "For the first time in my life I was really interested in learning," said Dr. Cook. "My West Point experience (1961 graduate) was certainly worthwhile and educational, but I was too young and only partially interested. Running was a tremendously stimulating combination of simplicity, putting one foot in front of the other, and complexity, figuring out how to relax, breath, etc.... Questions of how to optimize performance without getting injured, or how to recover from injury without sacrificing conditioning are complicated. The answers I heard were often contradictory, and I was frustrated by my ignorance. I decided to sort out the truth by entering a field that is supposed to know how the body works. I decided to become a physician, but not an M.D., a D.C. (Doctor of Chiropractic). Why a D.C.? Mostly I was impressed by the number of world-class athletics like Mary Decker-Slaney, Grete Waitz, Alberto Salazar, Roger Craig, Joe Montana who were being treated by D.C.'s as a routine part of their training. When I heard that a D.C. might even be formally admitted to the medical staff of our Olympic team I was hooked and spent four years getting the Doctorate. By the way, D.C.'s were on the medical staff in Seoul last year."

Jay Cook, D.C. is now practicing in Monterey, but his Saturday patients have to wait until 10:30 a.m. so he can meet other local running addicts to do the weekly "long one." The group meets at 7:15 a.m. at the Carmel Beach parking lot at the foot of Ocean Avenue. The obnoxiously early time allows for "trespassing" the Pebble Beach Course without a hassle. Distances vary from 10 to 20 miles and speeds from six minutes per mile to ten minutes per mile. "It's not a club...no dues...and anyone with a sense of humor is welcome," according to Dr. Cook.

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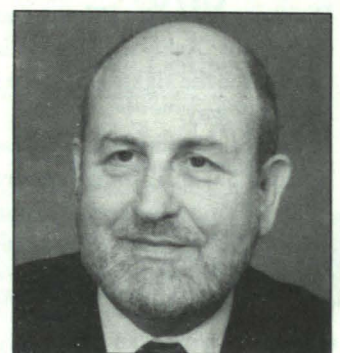
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From My Mother's Kitchen

by Ivy Kilby

CORRECTION: Zehra Aydin's name was spelled incorrectly in the December issue of "From My Mother's Kitchen." The Classmate regrets the error.

Many of us remember being Greek from our college days. Fraternity and Sorority life ... ah those good old toga parties. Yes, those were the days, but now that we're well beyond our carousing college times, it's a lot easier to experience life as a Greek at a real "Greek Festival." The culture, dancing and food are enough to give any average American the feeling of being Greek.

Most Greeks, however, might disagree with that whole philosophy. Especially the Greek students from the Naval Postgraduate School International Committee. The best way to learn about Greece, her culture, food and people is to establish a friendship with a native. LCDR Dimitrios Sakellariou and his family also believe that knowing a Greek is the best way to learn about their country. "What luck! When he got orders to NPS, Dimitrios thought, I'll earn my degree in Operations Analysis, spend time with my family, see the sights and make some friends along the way."

The Sakellariou family is from the Greek Island of Salamis, which is near their capitol, Athens. Dimitrios, his wife Kate and two sons, Tony and Chris moved from their Island not expecting too many surprises from life in the USA. However, they did get one surprise almost everyone can relate to.

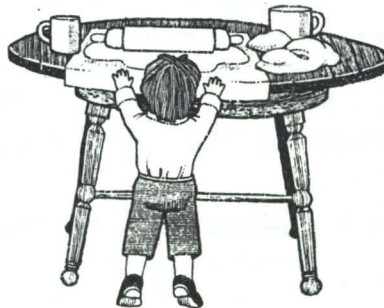
The Sakellariou Family's first surprise was the FOG. The first morning they awoke in Monterey, they were shocked to see the thick fog rolling through their neighborhood. It was quite a sight when considering they had never seen anything like it before. Then, the next day came and along with it more FOG and amazement! The next day it came again and so on and so on!! Soon their

excitement faded faster than the FOG was lifting. In time they realized that fog was just another part of living in Monterey.

As one of approximately 30 Greek officers at NPS, Dimitrios and his family have made many friends through the International Committee and the Naval Postgraduate School. Kate and the boys have kept up busy academic and social calendars. She attends English as a Second Language (ESL) classes at Monterey Peninsula College (MPC), plays tennis, and sews. Tony and Chris play soccer and enjoy attending Foothill Elementary School.

As a family they have also taken advantage of traveling to several of the areas near Monterey such as Yosemite, Big Sur, San Diego, Oregon and Washington. Like most families, time in Monterey means time with the family as well as at school. The Sakellariou's have made the most of their stay here doing family activities because once they return to Greece, Dimitrios will also return to sea as captain of a ship.

Eating is another big event the Sakellariou family enjoys doing together. Kate says Dimitrios is an excellent chef. His mother taught him to cook, and he decided to share this recipe with the Classmate from his mother's kitchen.



SPINACH PIE (SPANAKOPITA)

3 lbs fresh or frozen spinach
5 - 6 fresh green onions
1 medium dry onion
1 - 2 leeks
1 small bundle of fresh dill
1/2 cup of your favorite oil
1 lb Greek feta cheese
3 - 4 eggs
2 boxes of puff pastry sheets (Filo)
Add butter or oil to pastry sheets
Add salt, pepper and nutmeg (to taste)

First wash and drain spinach. Boil water with salt and spinach for 5 minutes in a pot. Let it cool and then squeeze off excess water. Now chop into small pieces.

Second, chop the leeks and onions into small pieces. Then chop the dill and add with the dry onion. Lightly fry leeks, onions, dill and dry onion together. Now add spinach and more oil and simmer to let excess water evaporate. Stir occasionally to avoid sticking. Let cool.

Third, mash the feta cheese in a bowl. Then mix with beaten eggs, salt, pepper, and nutmeg. Add the spinach and mix well.

Fourth, oil a rectangular pan. Oil the pastry sheets and lay half on the bottom of the pan. Add the spinach mixture evenly over the pastry sheets. Next add the other pastry sheets and oil the top and sprinkle with water. Cut into square pieces using a very sharp knife (approx. 2-3 inches).

Finally, preheat the oven and bake at 320 degrees for 30 to 45 minutes. Serve warm or cool. Feeds six to eight people.

Like most military spouses, Kate sometimes becomes very sad when thinking of Dimitrios returning to sea. Of course the primary reason is because she and the boys will miss him terribly. Another big reason is Dimitrios' love and great ability to cook. Yes. It is true. She really, really does not want her husband to stray too far away because of the culinary magic he performs in the kitchen.

Phone Fun

by Rebecca White

Imagine you're at home. The cable repair person is due -- sometime between 8 a.m. and 5 p.m. What's a person to do? You can't watch TV, your spouse absconded with your current novel and you KNOW that if you leave the house for even five minutes, you'll come home to a "sorry we missed you" note with a new appointment set for next year.

Don't panic, just reach for the 1992/1993 Great Western Telephone Directory and touch tone phone your way to hours of free information and entertainment.

The first 30 pages of the book are devoted to locals calls offering a wide variety of services. Depending upon your need or interest, you could catch up on the latest sports scores or soap opera happenings, check your horoscope, find a recipe for tonight's dinner, explore handyman and stain removal tips, check your investments, brush up on your etiquette or play games. Especially helpful at this time of the year is the tax tips number. That's not all, but I hate to spoil the surprise completely.

The service receives thousands of calls each day, with the horoscope information being most popular and the interactive games second in use. The information is updated via satellite and kept current. Sports scores are updated at least every hour, soap operas within one hour of air time and health issues yearly or more often if necessary.

Despite large numbers of incoming calls, lines are normally available. However, weather changes can tie up lines in some areas. Says a customer representative, "At first you try everything and then you settle down to items you really enjoy."

La Mesa Women's Bible Study

La Mesa Women's Bible Studies are well into the winter quarter. The spring quarter classes start in April. Various eight-week Bible Studies meet in different La Mesa homes and run from 9:30 a.m. to 11:30 a.m. every Thursday. Childcare is available for a small fee.

Please join us for the next session of Bible Studies! Choose from several topics each firmly based on biblical principles and practical applications thereof. Please call Kristi 647-9221 or Damaris 655-1087.



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Gardening on the Peninsula

by John Walters

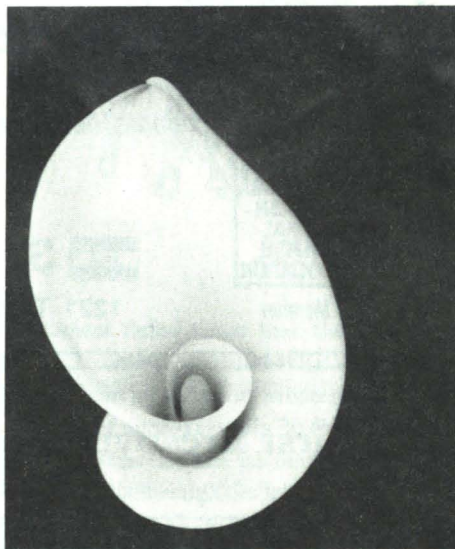
What will grow in your neighborhood? Look next door. I am a firm believer in "what grows in your neighbor's yard will grow in yours," and such plants can probably be purchased locally. If you have a favorite shrub or flower you don't see growing in near by, then you will have to approach your plant decision more scientifically (or at least attempt an educated guess.)

According to *Sunset's New Western Garden Book*, the Monterey Peninsula is located in climate zone 17, which features cool, wet winters and cool summers with frequent fog or wind. This means we actually have no real winter or summer, only spring and fall. Most of our rainfall occurs in the "winter" months with a high fog during the "summer" months. This pattern is good for azaleas, rhododendrons, fushias, ferns, hydrangeas and begonias. Likewise, it is not favorable for heat loving plants such as gardenias, peonies, hibiscus, and many citrus. The abundance of moisture and moderate temperatures make this area a haven for many different insects, pests and fungi. Even so, gardening here can be enjoyable if you know what to do and when. Ortho and Sunset publish many books that are great educational tools for the gardener in California.

Some local gardeners must consider deer proofing, particularly those in Pacific Grove - even some parts of La Mesa. Believe it or not, there are plants that deer will not eat, some of which even look good. For flowers, two come to mind: Agapanthus and Echium fastosum. There are many varieties of Agapanthus (Lily-of-the-Nile); all are extremely hardy and can take quite a beating during transplanting. They have a stalk with a flower cluster at the top in a variety of colors. The Echium Fastosum (Pride of Madeira) is a shrub-like perennial,

three to six feet high, that displays a distinctive, purplish-blue flower spike.

If you like succulents, I suggest Aloe, which is of the lily family, and Agave. Aloe has many varieties ranging in size from small to very large (18ft.). Agave Americana is the century plant which flowers after ten years or more and has leaves up to six feet long with spines.



You might be interested in Agave deserti, a small, clumping plant with nice yellow flowers. Iceplant is also deer proof, but it is already everywhere.

There are five shrubs which also might suit

your needs. First is the rapid growing evergreen shrub Mexican orange (*Choysia ternata*). It grows six to eight feet and has flowers that are attractive to bees. Another fast spreading shrub is Scotch Broom (*Cytisus scoparius*). Flowers bloom in spring to early summer on an evergreen shrub that can grow to ten feet. This plant has gotten a bad name due to its ability to spread over wide areas if not controlled (you may have noticed a lot of it in the surrounding area).

Mirror plant (*Coprosma repens*) also grows rapidly, with beautiful green foliage up to ten feet tall with a six-foot spread. One of my favorites is Sweet Hakea (*Hakea suavendens*), a dense, broad, upright shrub which makes a good barrier. It has fluffy white flower clusters in the fall and winter. Besides being able to grow in poor soil, it can be pruned like a tree and actually resembles a fir.

Rosemary (*Rosmarinus officinalis*) is an evergreen shrub with small clusters of lavender blue flowers in winter and spring. This herb is rugged, picturesque and can grow from two to six feet. It has narrow, aromatic leaves.

Last, but not least, are the multitudes of

Juniper varieties. In one book I counted no less than 104 varieties ranging from ground covers to trees that grow to 60 feet. Be careful which type you plant!

I would like to stress the use of the scientific name when purchasing a plant, since many common names may describe more than one plant. Also, some varieties of the same plant may not perform in this area

as well as you would like or maybe not at all.

A little inspiration comes from the words of Henry David Thoreau: "The mass of men lead lives of quiet desperation." In this vein, try to think of pulling weeds as therapy rather than another desperate act. Keep diggin'



The Peninsula Guide for the Penny Pincher

by Kellie Wallace

I consider myself somewhat of an expert on "The Good--But Cheap" on the Monterey Peninsula. An avid bargain hunter, I have been called frugal by many. But I still like to go to good restaurants and other fun places. Therefore I have compiled the following list of great places to go around here where you don't have to worry about the cost (or at least not much!).

In the category of restaurants, you must not pass up First Watch, in the American Tin Cannery, for brunch. It isn't a buffet, which is good if you don't want to pay all that money for the kids! They give you large helpings of delicious food for reasonable prices. Other good places to take the kids are Chevys (in the Crossroads, Carmel) or El Toritos (Cannery Row) for Mexican food in a casual atmosphere. Also, Del Monte Express (on Del Monte Blvd. and Fremont St.) is a great place for kids, full of trains and juicy burgers.

The Fishwife for seafood, Fulinas for Oriental, and Peppers for Mexican (all in Pacific Grove) are also noteworthy (with or without the kids). Silver Jones (the Barnyard, Carmel) is a nicer restaurant with wonderful California pizza for reasonable prices. Additionally, Los Hermanos (Monterey) is a good place to go for cheap Happy Hour drinks in a nice atmosphere. I should also mention the Towne and Country coupon books available at MWR or ITT. They offer "two for one" meals in many of the local restaurants. Visit the Old Bath House once and you've paid for the \$20.00 price of the book!

If you've been here for any length of time, you know that Monterey offers a lot in the way of entertainment, but some things can be quite expensive. To combat high entrance prices to the aquarium, get a membership. It's worth it if you go more than twice a year! During the summer months free plays and music are performed every weekend at the Doubletree Plaza (outside Fisherman's Wharf). This Monterey Theatrefest even offers children's plays. Also look for the free outdoor concerts given in warm weather around the area (notably Herrmann Hall lawn and Laguna Grande Park in Seaside). Of course MWR (basement of Herrmann Hall) offers discount coupons to many of the

attractions, both local and in the state. Don't forget to buy those movie coupons too (for UA and Galaxy 6 cinemas). The lady even stamps the coupon for a free drink and popcorn. We are never without these in our wallets!

For kiddie entertainment, nothing beats Dennis the Menace Park, the 75 cent carousel on Cannery Row, or just climbing on the rocks along the Asilomar Coast in Pacific Grove. There's also a glass bottom boat on the Wharf for only \$2.50 (20 minute ride). It runs during the warmer months.

Believe it or not, the Peninsula is a shoppers paradise--even without a "real" mall! Nothing beats the American Tin Cannery in Pacific Grove for outlet shopping. Look for the 50% off clearance price sales that Mervyns has two or three times a year. The Exchange also does this occasionally. Of course Marshalls is another store for name brands at discount prices (in Sand City). Also in Sand City is Costco. If you're willing to pay the \$25.00 annual membership fee, you can find bargains on just about anything, (even food). I also can't write an article like this without mentioning the quarterly Bargain Fair, held by the OSSC at La Mesa school. You can find real steals for pennies here.

Having not stayed at motels in the area, I'm not familiar with prices. I do know, however, that many hotels offer discounts in the off-season to encourage visitors.

A few other noteworthy things to do that are free: walk along the beautiful coastline (Asilomar is as good as Pebble Beach!), drive through scenic Big Sur and take a picnic, window shop in Carmel and go to the beach, visit the Monterey Peninsula Museum of Art, walk into Point Lobos state park just south of Carmel (driving in will cost you \$6.00), visit the Monterey Public Library and take advantage of the many adult and children's classes they offer. Of course there's always the historic adobes and Carmel Mission that you can tour daily for a nominal fee. A wine lover will also enjoy a visit to the many local wineries for tasting and tours.

If this list doesn't keep you busy for your tour here, you've got energy! So have fun, and keep that money in your pocket.

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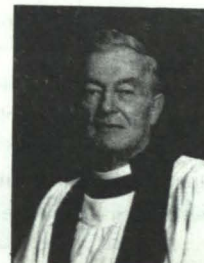
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History, Legend, Peacocks and Paintings

by Ann Malokas

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No kidding! This assignment serves up its own brand of stress.

Fortunately, a cure is readily available -- no prescriptions, no appointments necessary.

Discover one afternoon, really discover, our own NPS campus. Not the classrooms or the exchange or the gas station, but the buildings and the grounds that were once the internationally famous Hotel Del Monte.

This can be a long, drawn-out discovery tour or a mini-getaway each time you're on campus doing more mundane errands.

Much of the grandeur is still here and is ours for the taking.

It helps if you're crazy about local history the way I am, but wait. This isn't the kind of history that is bogged down in battlefields and body counts. This is a history of glitz, celebrities, wealth and whoopee, and it's great fun to be a part of it even just briefly and in our own imaginations.

On a nice day, walk around the grounds and try to picture the likes of Mary Pickford or Greta Garbo at a garden party, President William McKinley using this area briefly as the western White House, aviator Charles Lindberg taking one look at the windy beauty around him and thinking, (what else?) it would be a great place for flying. The NPS grounds crew still keeps up many flower beds and ornamental shrubbery worthy of the former hotel's illustrious past.

Traces of other even more ambitious gardening wonders of the hotel's history still exist. Start by the magnificent old trees on Engineer's Circle and walk by the grounds surrounding Spanegal Hall to enjoy exotic trees, plants, and shrubs, many labeled for your information and enjoyment. At one time landscapers boasted there was a tree here

from every country of the world.

Our own NPS swimming pool, which will open in May (watch for the Rec Offices



notices for exact dates), and where our tots learn the doggy paddle, made a big stir when it opened as the "Roman Plunge" in 1918. We understand Clark Gable swam here regularly; Jean Harlow was alleged to have gone skinny dipping in the wee hours of the night and one guest is reported to have been swimming here during the hotel fire of 1924.

Legend? Conjecture? Who knows! Who cares! What fun!

If you have some time, stroll around the perimeter of the campus. This is slightly more than two miles of peaceful, woodsy-like walking -- even through this area is surrounded by the noise and bustle of both NPS and the busy Monterey highways. Stop at the lake briefly to meditate, identify the unusual flora and fauna or just breathe deeply and enjoy the fresh air.

If the weather is more conducive to inside activities, discover the inner halls of the old

Hotel Del Monte, our own Herrmann Hall.

Stop at the quarterdeck and ask for the key to the Tower Room. The Tower Room, you ask? Go to the Tower Room next to the dental clinic; look for the locked door; open it and climb a million windy stairs to one of the best views in the area.

Tired of heights? Go back down to the basement and visit the NPS Museum. Exhibits are open Monday through Friday from 11 a.m. to 2 p.m..

Right around the corner from the museum is the Eagle's Eye Gallery, displaying art done by local military spouses, often of local subjects and scenes. The Gallery is open Monday through Friday from 11:30 a.m. to 3 p.m. It's an artistic feast for the eye while remaining gentle on the pocketbook. And at least one artist is always on duty sharing her enthusiasm with spectators. If you have a chid artist who is old enough to respect the artwork on display, he or she will often delight in meeting a "real" artist. Whether buying or just looking, this will be an enjoyable stop.

While you're inside - especially on a grey, windy day, don't forget to check out the old Hotel Del Monte's ghostly "haunts."

The best way to get serious about this (one of my children's favorite rainy day activities, by the way) is to get a copy of Randall Reinstedt's Incredible Ghosts of the Old Hotel Del Monte. It's 50 pages of pictures and folklore will really help you forget engineering texts or Dr. Spock.

Briefly, some of the best ghost hunting is supposed to be in the La Novia Room, the Tower Room and the Ballroom.

We haven't seen any ghosts yet, but we won't give up trying.

Feeling more human? Good, because it's back to the books, back to the sticky floors, back to the responsibilities.

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Monterey's Maritime Millenniums

Long before sea captains Juan Rodriguez Cabrillo and Sebastian Vizcaino plied California's coast, the Monterey region's first citizens, the Ohlone Indians, built their culture here. As long ago as 4,000 years ago, mild weather and abundant food created a hospitable climate for early coastal residents who depended on the sea for their sustenance.

The sea would also bring about their demise and shape events that would have historic impact on California and the nation.

Portuguese captain Juan Rodriguez Cabrillo explored the Pacific coast, mapping shores never before seen by a European, in 1542. Spain largely ignored Alta California even Sebastian Vizcaino sailed north and laid claim to the land in 1602, naming the region for his voyage's sponsor, Count de Monte Rey, the viceroy of New Spain.

Vizcaino was enthusiastic about the land and the people, describing the Indians as friendly and generous, and was he certain that the bay would be an ideal harbor for ships traveling between the Americas and the Orient. No one shared his enthusiasm. It was not until 1769 that interest in Monterey and its bay was renewed. By then mission settlements in lower California including Los Angeles and San Diego had been established. Gaspar de Portola was assigned the challenge of leading a land expedition north in search of the bay so enthusiastically described by Vizcaino. In 1770, Portola came again by land and Father Junipero Serra by sea, meeting on Monterey's shore on June 3. There, in the shade of a large oak, mass was offered and the capital of Alta California was born.

The seas, as it had for the Indians, served the settlers as a primary source of food, as well as the link to New Spain and the world. Rough roads were established, but ships remained the most reliable form of transportation. In 1777, Monterey became capital of both Alta and Baja California and was considered one of the most beautiful and important

outposts under Spanish rule in California.

By sea traders came...and conquerors. In



1818 Hippolyte de Bourchard, a French mercenary flying the flag of the Republic of Buenos Aires, anchored in Monterey Bay and attacked the poorly defended settlement. The town was burned, plundered and left in ruins.

The people returned and rebuilt. Four years later the flag of Spain was lowered, replaced by Mexico's banner, signaling an end to 300 years of Spanish rule. The effect on Monterey was limited. Foreign ships, prohibited from trade by the Spanish, previously had conducted their business in secret. Now trade was open.

In 1827, Monterey gained importance with the opening of the Custom House. No ships could unload or sell their merchandise until duties were paid. A new form of commerce dependent on export was also growing in the region -- the hide and tallow trade. Tallow, used in candles and soap, was exchanged by

Montereyans for the goods brought by ships.

Weak military defenses again played a role in Monterey history and forever altered the nation's on July 7, 1846 when during the war with Mexico, U.S. Commodore John Drake Sloat anchored here, and laid claim to the vast California territory. Victory came without firing a shot, and the United States flag was raised over Monterey.

Three years later gold was discovered in the Sierras, and California's capital was moved to San Jose. Monterey faded in importance but the sea sustained inhabitants as the whaling and fishing industries took on new importance. By the early 1860's, four whaling companies, largely comprised of Portuguese immigrants, had been established in Monterey. Gray whales, prized for their oil, were hunted to near oblivion, and the trade faded to history by the 1880's.

While the Portuguese hunted whales, another group of immigrants, the Chinese, laid their nets for squid. The Chinese had come to California for gold in the 1850's, with many instead settling for a livelihood dependent on the sea. Prized by no one but the Chinese, the squid were caught, dried and shipped to China. The smell, however, became Chinatown's undoing. When their village on the shores just south of what is now Cannery Row burned in 1906, rebuilding was made impossible by local landowners and authorities.

Sicilians, however, ensured a new chapter in Monterey's fishing industry. The lampara net was introduced to local fishermen and a sardine cannery built on Monterey's waterfront. Sardines became the primary resource and a canning industry was born that earned Monterey the title "Sardine Capital of the World." In the heyday of the 1930's and 1940's, annual catches routinely totaled more than 200,000 tons.

The waterfront thrived as warehouses were built. The fishing industry was changing the face of Monterey.

But like the whales, the sardines also disap-

peared and with them the canning industry. By the early 1950's most of the canneries had been closed or lay idle. Hundreds of fishing boats that once moored in the bay found other home ports.

Monterey's maritime heritage was evolving once again. This time it was the military presence that would contribute to the region's future. Since the early 1700's, Monterey had served as a Presidio and the Bay had brought conquerors to its shore. Visits by the Great White Fleet in 1908 and U.S. Pacific Fleet 1919 had illustrated the U.S. naval might.

During World War II the Navy became a fixture in Monterey. The old Del Monte Hotel, which had been transformed into a Navy preflight training center during World War II, later became the Naval Postgraduate School.

Navy ships were then and remain frequent visitors to the bay. The U.S. Coast Guard has headquarters here.

Fishing continues as an important industry. Whales have returned, hunted now only by whale watchers armed with binoculars. Monterey Bay's beauty will be preserved for generations with its recent federal designation as a marine sanctuary.

Sometimes treacherous, nearly always inviting, the sea has shaped Monterey's past and will forever influence the region's present and future.

Scholarships Available

College scholarships are available to dependents of military personnel. Offered by the Officer Students' Spouses' Club of the Naval Postgraduate School, several awards of at least \$500 will be given. The USPA/IRA Education Foundation is offering one \$1000 scholarship for an undergraduate entering their first or subsequent year of college through the OSSC. Application deadline is April 23, 1993. Applications may be picked up at the Family Service Center at the Naval Postgraduate School. For more information, call 373-4676 or 633-5183.



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Monterey Peninsula Museum of Art

by Andrea Adams

The Monterey Peninsula Museum of Art offers an excellent opportunity to view a variety of art, much of which has a special significance to this area. The Museum's hours are Tuesday through Saturday 10:00 a.m. to 4:00 p.m. Located at 559 Pacific Street, Monterey, the museum is eagerly anticipating the 10,000 square-foot La Mirada addition scheduled to open this May. A \$2 donation is requested, but the museum charges no admission. This is a cheap form of entertainment! A gift shop at the museum is full of interesting things for people of all ages.

The permanent collection has five basic areas of emphasis: California/Regional paintings, Asian art, Photography, Graphics, and International/Tribal/Folk/Ethnic art. Special exhibits change about three times a year. Most of the current special exhibits run until the end of May. The following are brief descriptions of these special exhibits.

Textiles: Monterey artist Mary Balzer Buskirk will exhibit her most recent weavings at the Monterey Conference Center from

February 8 through April 2, 1993. Her newest work incorporates text into the abstract and impressionistic images created on her loom. This additional element enables the textile to operate as a more active vehicle of communication. Buskirk has successfully exhibited her work statewide and continues to be active in various local arts organizations.

Paris Connection: African And Caribbean Artists In Paris

This exhibition, presented in conjunction with Bomani Gallery in San Francisco opened in Gallery IV January 30 and continues on display until May 30. A variety of colorful, energetic work by artists who represent the confluence of two cultures: that reservoir of resources form their native cultures in Africa or the Caribbean, and an adaption of the internationalism found in Parisian Society.

"Wonderful Colors!" The Paintings Of August Francois Gay

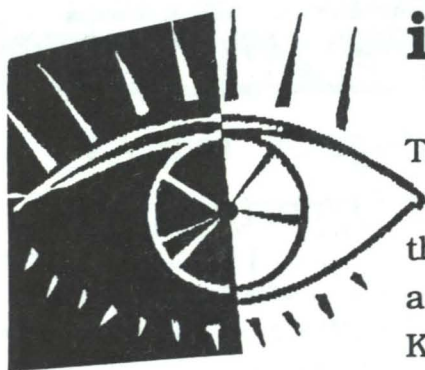
MPMA presents the first solo exhibi-

tion of paintings by Society of Six member August Gay (1891-1949). The exhibition, running through May 30, is expanded by a lecture series. Entitled "August Gay and the Society of Six," the series will be given by Nancy Boas on March 8, 15 and 22. Also, an informal gathering with a popular local artist and colleague of Gay, Bruce Ariss, will be held on March 10th. Reservations are required for this and the lecture series. Phone 372-5477 for more information.

Camera Works: Photogravures 1903-1917


Vintage photogravures from the independent American photographic magazine Camera Work appeared between 1903 and 1917. Work by many of the major photographers of the period are included in some of the finest quality reproductions in the history of photographic publishing. These will continue on display through May 30, 1993.

When these exhibits close, other wonderful works of art will take their place, so call for information, or just drop by to view these incredible displays.



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The Resource Room is also an excellent place to start preparing for your next duty station. Welcome Aboard Packages from most military installations around the world are available. Additionally, a new computer system allows you to tap into the most up-to-date information of most Navy-Marine Corps bases. A few videos are also available.

Contact FSC at 646-3060 or stop by room 039, basement level, Herrmann Hall.

NPS Ties and Accessories

As an ongoing fundraising project, OSSC sells ties and accessories bearing the NPS seal. Made by the Robert Talbott Company of Carmel, they make ideal gifts or mementos of your time at NPS. These ties are made of a wrinkle resistant silk/polyester blend with the NPS seal embroidered in yellow silk.

In addition, cross-stitch kits featuring Herrmann Hall and the NPS seal are available. The kits come complete with fabric, floss and graph. Prices are as follows:

Man's Tie	\$22.00
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Credit Card Cases	\$7.00
Cosmetic Bag	\$8.00
Coin Purse	\$7.50
Herrmann Hall Cross Stitch Kit	\$4.00
NPS Cross Stitch Kits	\$6.00
Graphs Only	\$2.50
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Monterey Peninsula Quilters Guild

by Jacey Skillman

My grandmother is a lovely woman. About her there is always the scent of Dove soap and crossword puzzles and her face is the softest I have ever felt. She lives in an old white farmhouse at the end of a long driveway. On a visit to her not long ago, my mother asked me to find out what she wanted for her birthday. Since Grandmother had moved her bed downstairs, my mother thought she might like a new comforter and dust ruffle.

"Oh, no," Grandmother protested "I have quilts up in my closet. I don't need another one."

I offered to run upstairs and get them for her, and she agreed. On her closet shelf rested four dusty boxes, each tied with string. I brought them down and opened them for her... and that was my introduction to the beauty of quilts.

The quilts were gorgeous; even after being in boxes for thirty years, the colors just glowed. And the handwork! Thousands and thousands of tiny stitches all the same length. I fell completely in love with them. My grandmother told me that her mother, Florence

Adele, was one of the best quilters in the neighborhood. Grandmother glowed with pride.

We picked the prettiest one to put on her bed. It was blue and white with baskets of flowers appliqued on the top. The room was instantly brighter, and Grandmother seemed so pleased. It struck me that although Florence Adele had been dead for over twenty years, she had just given a much needed gift to her daughter--it was better than money, better than jewelry. From that moment I just knew I had to learn to quilt, but I had no idea who could teach me. I thought quilting was a lost art, until I had the good fortune to move to Monterey and discover the Monterey Peninsula Quilters Guild, or MPQG.

The Guild meets on the first Monday of every month at St. Mary's Episcopal Church in Pacific Grove. The Guild has nearly 200 members, and about half attend monthly meetings. The membership consists of a broad range of ages and experiences. Some of the members have quilted for forty or fifty years, while others have never made a quilt at all.

The monthly business meeting is run by President B.J. Neighbours, who once told me that the reason that the ladies of Monterey have such wonderful skin is due to the fog. (Try to remember that when the fog rolls in this summer!) B.J. introduces new members, announces upcoming projects and talks about future speakers. Then comes my favorite part of the meeting: Show and Tell.

Show and Tell is just what it sounds like. The members bring in the projects they have completed to be oohed and aaahed over, as they well deserve. When I have completed a project, I am so glad to have an audience that truly appreciates the blood, sweat and tears that I have shed over the thing. Even when I don't have a project, I love Show and Tell because the ladies of the guild are an inspiration to me. Some of the women are so creative you can rightly call them artists. Others quilt more traditionally and their handwork is unbelievably fine. Still others don't quilt at all but collect antique quilts made by women long ago. Regardless, I always come home from the meeting with new ideas and

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new energy for my quilts.

Also during the monthly meeting we have Block of the Month. In every issue of the MPQG newsletter, there is a pattern for a new block. If you want to participate, you make one or more blocks in the colors specified and bring them to the meeting. For each block you make, you get one chance. A winner's name is drawn and she gets to take home all of the blocks. Usually there is enough to make a whole quilt. I found this was a great way to experiment with different blocks without making enough for a full-sized bed. Come to think of it though, I am yet to win all the blocks!

The last part of the meeting is a presentation by a professional quilter (yes, Virginia there are such people in the world.) My favorite speaker to date was a lady who brought dozens of quilts with her that she had made (and kept) over her lifetime. Her husband was an executive for Exxon and their family moved and traveled very frequently. About each of her quilts she had a story about why she picked the pattern, or how she had cut up clothing to get the fabric, or what had happened to the quilt itself. Some people keep journals, other save scrapbooks, but this woman had quilts that conjured up all the parts of her life.

If you don't know if you would like to attend the meeting, but would still like to see the quilts, the 18th Annual Quilt Show is coming up next month on April 17 and 18. It is a part of the Pacific Grove's Old Fashioned Days. Last year the show had over 100 quilts and this year we expect to have even more.

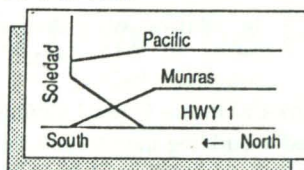
Part of the show is our Opportunity Quilt. Over the better part of a year, the members design, piece and quilt a special project. This year, the Opportunity Quilt is based on the Storm at Sea pattern. In shades of aqua, teal, black, grey and white, this quilt will remind you exactly of Monterey Bay. In the center of the quilt is an appliqued whale's tail. Even the lines of the quilting are undulating and look like waves. It is nothing if not spectacular. Tickets may be purchased at the show for \$1 each, or you can call me at 646-9527 and I'll be happy to sell some to you.

The Quilt Guild is a wonderful way to introduce yourself to the broad community of the peninsula. I have found all the people in the Guild to be helpful and friendly. They

Continued on page 46

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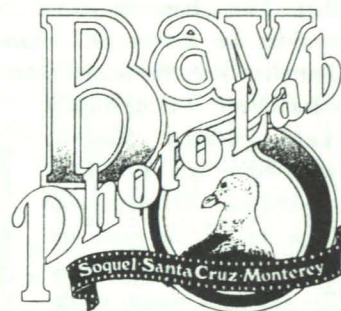


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Moss Landing: Fish and Antiques

by Ginger Werz-Petricka

One of Monterey Bay's very pleasant surprises can be found just north on Highway 1. You can't miss it if you look across the bay because Moss Landing is clearly landmarked by the twin smokestacks of the PG&E Power Plant. Don't let that reference put you off, for visiting this little town is a picturesque step back in time.

The town was first settled in 1853 by Captain Charles Moss, hence the name, as a base of operations for his barge business that carried produce from the inland farms down the Salinas River to waiting ships at Moss Landing Harbor. Shipping remained a large part of the local industry until the 1906 earthquake altered the bed of the river and shifted it south to its present location. The previous mouth of the river is now called Elkhorn slough (pronounced "slew;" a low marshy land) and is the biggest State Bird Sanctuary in Monterey County. Other industries over the years included a salt company, located on the flat lands bordering the slough; whaling, which lasted from 1917 - 1927 when the big mammals became too scarce; and, of course, fishing. There are still active salmon and tuna fisheries on the island, accessible by a one-way bridge which is sturdier than it looks.

Perhaps unofficially, the area is also known for smugglers; during the Prohibition Moss Landing was a haven for rum runners and the Coast Guard alike. As a matter of fact, a couple of the local people claim that smugglers still use the harbor.

But what of today? Fish and antiques might best describe the industry of Moss Landing today. There are twenty antiques stores to browse through, with merchandise ranging from European antiques to nostalgic collectibles, and prices are just as varied. The town has several restaurants, seafood being the most common fare, and all of the restaurants are homey and casual. As a matter of fact, there isn't anything really slick or plastic in the whole town. If you came to Monterey hoping to see things John Steinbeck wrote about, go to Moss Landing; it's authentic.

The California Coastal Commission has placed a building moratorium on the town, designating it a "Special Community," and since 1972 only one building has been started. That building is an addition to the Moss Landing Marine Laboratories, a graduate study facility for the State University system, which is located on the island where the old whale refinery once stood. Some of the research now being carried out at the labs includes a Shark Aging Project, a study of the life history of sharks with an emphasis on



their value as food; a study of great whales and the effect of oil exploration on their behavior; the effects of sewage on the Farallon Islands; and heavy metals research in plankton. The Marine Lab is not open to the public except during its yearly Open House, usually held at the end of April or beginning of May. Moss Landing has several yearly events. A Shark Derby is held in May and June, the Albacore Festival held in September and perhaps the biggest, the Flea Market held on the last Sunday in July, which is on the 25th this year.

The Flea Market is sponsored by the Moss Landing Chamber of Commerce and will have over 350 dealer booths, 25 of which will feature food. This is a one-day affair with booths set up the length of Moss Landing Road. An entry donation is charged for all persons of school age and older, and the money goes towards a proposed Community Center for the town. In the past entry fees for the Flea Market have been used for a scholarship program at the North County School

District and towards the building of a playground. There is ample parking for the Flea Market with the Highway Patrol helping out, and plenty of signs to direct you. However, I recommend that you take the second entrance onto Moss Landing Road, the one at the restaurant painted blue, because it is much closer to the island in case Dad and the kids want to go exploring while Mom shops for bargains.

Moss Landing is a unique blend of modern industry and environmental concern, with PG&E and Kaiser Industries on one side and the Marine Lab and Bird Sanctuary on the other. There is something for everyone, fishing, bird watching, exploring the beautiful beaches and tidal pools. It's a place to bring the kids and a camera and spend the whole day. In the over-commercialized atmosphere of much of Monterey Bay, Moss Landing is a treat, a pleasant little town where the clock stopped ticking years ago, well worth a visit.

MORE FLEA MARKETS...

If you've driven to San Jose on Highway 101 you've seen the Red Barn Flea Market at Aromas. The Market is open Wednesday to Sunday most of the year, with regular stands and wine tasting in the Barn and individuals using the parking lot to set up their booths.

Another big yearly Flea Market will be held in August, at San Juan Bautista, an old mission town about 35 mile north of Monterey. Take 101 north to Route 156 (the San Juan Bautista/Hollister exit) and follow the signs to the oldest street Flea Market in California.

And for you die-hards there is always the San Jose Flea Market, held every Friday, Saturday and Sunday all year from 6:00 a.m. to 6:00 p.m. Take Highway 101 north to the 13th Street exit and go right on Mabury to Berryessa, and then left to the Flea Market grounds. There will be plenty of signs. This is an extremely large flea market with everything from produce to motorcycles to furniture to antiques and everything in between. Good Hunting!

Shopping on The Peninsula

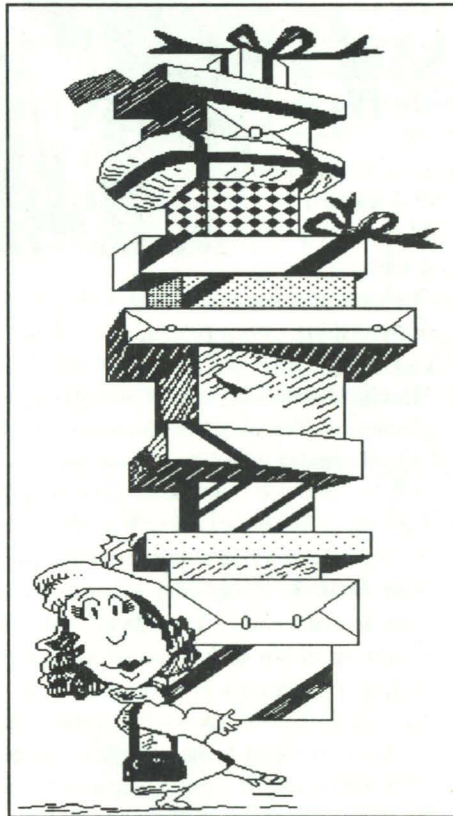
by Cathy Sergeson

Shopping on the peninsula can be a wonderful adventure. After you check out the Navy Exchange and the PX at Ft. Ord, head over to the Del Monte Shopping Center. Del Monte can be your one stop shopping center: stores for everything from men's clothes, women's clothes, children's clothes, toys, stationary, leather goods, glasses, and hair salons, to candy stores. There are three food places in particular that I find myself going back to again and again: Monterey Baking Company -- they are open early in the morning with fresh coffee and cappuccino as well as a wide variety of freshly baked pastries and breads. This is a wonderful place to start your shopping expedition, to take a break in the middle of, or to finish up to get the energy to drive home! Monterey Pasta has fresh pasta special and wonderful salads every day, as well as pasta and/or sauces that you can take home to wow your spouse with a "home-cooked meal." Last, but not least, or maybe I should say "last, but least" is Skinny's. This is a wonderful place that removes as much of the fat, calories, etc. as possible from everything from Lasagna to sandwiches to frozen yogurt, but they still manage to leave the flavor in! Del Monte has many nooks and crannies that I'm sure you'll love to explore and find your own favorites.

Next stop is downtown Monterey on Alvarado. There are a wide variety of stores here and some wonderful restaurants. JC Penney's is one block up, Baskin & Robbins is on the corner, Hallmark, and bookstores galore. Also, one evening each month is the farmer's market, and they block off the street.

Carmel is my favorite for out of town guests. The town's charter requires that any businesses established in Carmel must be unique and individual, no franchises. Just walking up and down the main street, Ocean street, you can see I. Magnin's and Sak's, in the Plaza, at one end, the Coach outlet store in the middle, and a wonderfully quaint French Country store down at the other end. I have been to Carmel more times than I can count since I arrived just over a year ago, and I have yet to get far off of the main street. I

keep planning on it as I have seen lots more shops off to the left and the right, but then I get caught up hunting bargains at Scandia or looking at jewelry (everywhere), and, well, I think you get the picture. Surprisingly enough, you can also find lots of bargains in



Carmel. They are very willing to Bargain, have lots of sales, and some places even start out with good prices, just keep looking.

The Barnyard, in Carmel Valley (turn left off Hwy 1 at Rio Road), has a variety of things in store for you. Lunch at the Rio Grill is a wonderful experience as is the quaint little french cafe just around the corner, Patisserie Juliette. There is a Scandia Down shop, lots of dress shops, and a wonderful place called Pieces of Heaven where they make everything a chocoholic could possibly dream of!

New Monterey is through the tunnel on

Lighthouse all the way to David Avenue. There are lots of little specialty shops all along the street, used bookstores, Gianni's pizza (delicious), and just past David street is Patrick's Consignment Store, Inc. This is a wonderfully inexpensive place to pick up that hard-to-find item. Just one block down (toward the ocean) from the consignment store is the American Tin Cannery, which is just filled with over 100 outlet stores, everything from jewelry to toys to china. Make sure you wear good walking shoes, because once you get started here you'll be all day.

If you're looking for gift ideas from the peninsula head to the Monterey Bay Aquarium. They have a wonderful gift shop (very reasonably priced and very unique items), and there are also lots of specialty shops all along the waterfront.

Pacific Grove is an old world town. There are wonderful used/new kid's clothing stores, lots of furniture stores, antiques here and there as well as some fantastic restaurants. Pasta Mia Trattoria is at the beginning of Pacific Grove, (coming from New Monterey), and they have wonderful, authentic Italian food.

Seaside also has a wide variety of stores: K Mart, Costco, Marshall's, Farmer's Market, Office Depot, Orchard Supply Hardware, Beverly's Fabrics, Annie's New/Used Bookstore, TCBY (frozen yogurt), Blockbuster, and Payless Shoe Source - just to name a few.

Salinas is just north and houses the Dinnerware outlet, (factory wholesale prices), as well as Target, Toys R' Us and lots more up at Northridge Mall.

Finally, if you head a little farther north you will find Gilroy, (just under an hour from Monterey) and the outlet mall. The outlet mall has recently expanded and now has a whole new variety to explore children's clothes, toys, Eddie Bauer, Liz Clairborne, Pfaltzgraff, and much, much more.

So, as you can tell on the Peninsula there is a lot to choose from depending on what you are looking for or what you need. The best part is all the shopping areas are within an hour or less of NPS!

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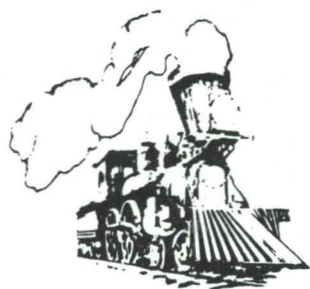
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Romance On The Peninsula

by Deborah Schmitz

When I first met my Marine Corps husband, I knew I had found my Prince Charming. When he proposed to me in Rome, Italy, I knew I was destined for a life of military romance, chivalry, and excitement.

I was in desperate need of what my husband calls "a reality check."

Three years later, here we are at the Naval Postgraduate School, Monterey, California.

Our modest house in La Mesa Village is the furthest thing from a palace, my husband is constantly 'deployed' to the library, and running after a two year old is anything but glamorous. Yet, we are in Monterey... probably the most enchanted place we could ever be stationed. Romantic opportunities are hidden in all corners of the Peninsula. If only we could find the time to embark on these excursions, my fairy tale life would begin to materialize. Too often we were so caught up in our daily routines of being a student, managing a household (even if it was a small house), and raising a child, that we would overlook being a couple. I wanted to be romanced (flowers as a peace offering is not my idea of romance) and my husband needed a break from the books. So we began to set aside time for dating, a long forgotten prenuptial practice.

I realize it is cliché, but there is nothing more romantic than a candlelit dinner for two. Therefore, it is not surprising our favorite dating activity is dining out. We frequently venture out for a delicious dinner, leaving our son in the capable hands of a trustworthy babysitter (how about the La Mesa Babysitting Co-op?). Despite the ample selection of restaurants on the Monterey Peninsula, there are several that we prefer.

Our absolute favorite is Anton & Michel

(Mission Avenue, Carmel). This is the ideal place for celebrating that special occasion; an anniversary, a birthday, or the end of the quarter.

The atmosphere is elegant, so we dress appropriately.

Most of the tables look out on the picturesque courtyard which enhances the elegance. The servers are attentive and the food is exquisite. The house specialty is lamb, but neither of us favor that. I have ordered the



fresh seafood (scallops and halibut with a crab/lemon sauce) and my husband cannot resist the filet mignon (a definite boost for his cholesterol). Anton & Michel indeed prepares the best table-side Caesar salad, which is a wonderful way to start the meal. We have never tasted any of their desserts, but they all look irresistible. Without a bottle of wine or drinks, our meal and gratuity totaled approximately \$90.00...a bit expensive, but worth it!

If you love seafood, Domenico's (Fisherman's Wharf, Monterey) is marvelous. It is very Italian, right down to the roasted garlic and olives. We were seated at a table next to the window, so we were able to look out at the bay to watch the otters, seagulls, and various boats. Domenico's offers an incredible selection of fresh fish and seafood. We dined here with some friends, who convinced us to try the abalone appetizer. We were amazed at how delicious it was, but we nearly choked at the price (an appetizer serving for one was \$38). Thankfully we shared the one serving. Our entrees were all done to perfection. Upon my request, the chef prepared my shrimp scampi without garlic, since garlic only intensified my morning sickness. Aside from the abalone, the prices were reasonable and the portions were very generous. Again, dessert was not even a consideration. Our bill,

per couple, including the notorious abalone and tip, was about \$60.00.

Another fantastic seafood experience is The Dunes at Spanish Bay (Pebble Beach). Every Friday night they have a clam bake. Reservations are a must, as it is a popular event. This is an affordable evening of fine dining and romance. Driving up to the Spanish Bay Inn is quite captivating. The valet will gladly park your car (I think our Honda was easy to spot among the other luxury cars). The attire for The Dunes is considered California casual, but many of the people were dressed semi-formal. The buffet had something for everyone, including a prime rib for the non-seafood lover. There were a variety of gourmet salads (artichokes, hearts-of-palm, fresh organic greens, etc...), shrimp cocktail, a sushi bar, baked potatoes, lobster tails, crab legs, and numerous other delicacies. And if you are not concerned about your waistline, you may make countless trips through the line. I thought the food was outstanding and the atmosphere was very relaxing. Dinner did not include drinks, but did provide a hot apple and peach cobbler, a la mode. The price for the clam bake was \$23 per person, plus gratuity.

Another twist for a romantic evening is a night away. The Bed and Breakfast industry is booming in the Peninsula. These quaint inns are almost indescribable and offer so much more than a place to sleep. In addition to a darling room (often with a fireplace), a guest can expect afternoon hors d'oeuvres, bedtime snacks, all-day coffee/tea service, a gourmet breakfast and a friendly innkeeper. We have two favorite local inns. The first is the rustic Cobblestone Inn in Carmel. A unique quality of this inn is that they do allow (and make welcome) children under the age of six. So if you are in the market for a special night out with your child (if the two are remotely synonymous), this is a great place to stay. For our anniversary, I surprised my husband with a key to a room at the Green Gables Inn on Ocean Avenue in Pacific Grove. Of course I had the help of a dear friend who was willing to open her home to our son for the evening. The Victorian Green Gables Inn provided the perfect get-away. Our room looked out onto a spectacular view of the coast. We could stroll down the trail to Lovers' Point, by moonlight (does this sound like Harlequin, or what?). And upon our

Continued on page 45

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Private Schools in the Monterey Area

by Carolyn MacQuarrie

Home schooling is a fine alternative to the public school system for mothers who stay at home. Many mothers find it necessary to work outside the home, however, and for those mothers, and for women who do not feel able to take on the huge responsibility of home schooling, the many private schools in the area offer an additional alternative.

Reasons for choosing a private school for your child can range from a desire for religious education, to a desire for reduced class size, to the safety provided in their more disciplined environments. The Monterey area is home to schools that offer religious training under the auspices of the Catholic, Episcopal, and evangelical Protestant churches. Class size in the private schools is kept below ten students per instructor, and discipline varies from school to school, but each has the luxury of expelling dangerous students.

Most of us are familiar with the private Catholic schools. Two Catholic schools are located in Monterey. The first is **Santa Catalina** which is an exclusive (by price) high school for girls. Two thirds of Santa Catalina's student body board at the school, with the remainder attending as day students. The campus is located on 36 acres beautifully landscaped. The architecture is reminiscent of the colonial Spanish style from California's history. I recommend that if Santa Catalina ever hosts an open house that you attend for the sheer pleasure of seeing this school.

Santa Catalina has a seven-to-one student to teacher ratio. The basic curriculum is college preparatory, but their religious studies include Chapel service, Christianity and World Religions, Moral Philosophy, Dogmatic Theology, and other religion based courses. Their physical education and art programs offer volleyball, field hockey and other team sports; instrumental and vocal music, drama, drawing photography, and other applied arts.

Tuition for one year at Santa Catalina for a day student is \$9,700 a year. There are additional charges for books. The cost pays off,

however, as nearly all the graduates end up at Ivy League Universities. Santa Catalina is located at 1500 Mark Thomas Drive in Monterey. You can contact the school at 655-9356.

San Carlos is the other Catholic school in Monterey. San Carlos is a co-educational school which includes pre-school through eighth grade. This school also includes religious training, with a daily prayer along with the pledge, and a celebration of the Mass once a month. The basic emphasis is on academics.



San Carlos welcomes children of all races and beliefs; children of Muslim and Jewish families along with Catholics attend. They do wear traditional uniforms, and girls are not allowed to wear make up.

San Carlos has a very good extended care program for working parents. There is care available at the school from 7 a.m.-6 p.m. daily for an additional fee. San Carlos is located at 450 Church Street and additional information is available at the school office. Their phone number is 375-1324.

Notre Dame Catholic High School in Salinas is another Catholic girls school within reach of La Mesa students. The high school is basically college preparatory, but Catholic religious instruction is given. The school admits children of all races and faiths.

They provide a full music program, art program and they boast a championship athletic program. Notre Dame's volleyball and baseball teams have won trophies.

There is no school transportation, but Monterey Transit bus system does service

the area. The cost of tuition for the first child at Notre Dame is \$3,900.

One of the most reasonably priced schools in the area is **Monterey Bay Christian School** in Seaside. This school is a six-minute drive from La Mesa. It is located in a new building which was completed in 1988. This is a Christian school with a Bible based curriculum, subsidized by the Seaside Assembly of God Church. Doctrinal differences are not emphasized in the classes, and children of any Christian parents would feel comfortable. They have daily devotions and memorize one Bible verse every week. The curriculum they use is a combination of the ABEKA and Bob Jones programs; two well respected Bible-based curriculums.

Monterey Bay has a physical education program, includes musical appreciation, and makes computers available in the classrooms. They have a strict dress code which includes uniforms.

Monterey Bay teaches children pre-school through sixth grade. They are planning to add a seventh grade next year. They also offer an extended care program for the benefit of working parents which supervises children from 7:15 a.m. - 5:30 p.m. for an addition fee. There is no bus service, so parents must drive their children to the school.

The full cost of a year at Monterey Bay Christian School is \$2,300 for the first child and \$2,170 for the second. The first \$200 must be paid at the start of the school year, or at registration. The remaining tuition can be paid monthly at \$238 a month for ten months. The school is located at 1160 Hilby Avenue in Seaside. Their phone number is 394-7881.

Monte Vista Christian School is a middle and high school located in Watsonville. I include it in this article because there is a bus which leaves the Del Monte shopping center in Monterey each morning, so parents need not drive to Watsonville every day. Monte Vista is a large school built on 90 acres. Facilities include a library complex, several classroom buildings, music center, Chapel,

Continued on page 44

The Homeschool Option

by Joie Brunger

Homeschooling is considered a recent phenomenon and the homeschool industry has only recently blossomed. But the idea of homeschooling is as old as culture itself. In fact, it is public schooling that is the relatively new idea.

Public schools were instituted in the United States less than 100 years ago, according to Cindy Shields, a mom who homeschools her two daughters, and they were instituted so people could learn to read. Specifically, public schools began opening their doors in town and cities across the United States so children could learn to read the Bible.

It's ironic that some states now outlaw the presence of Bibles in the classroom. With the advent of value-neutral curricula, an increase in societal violence, a perceived lack of emphasis on academics, and what some parents believe to be social indoctrination taking place in public schools, many parents are opting out of the system and choosing to educate their children themselves -- at home.

The majority of La Mesa parents who choose to homeschool their children do so for religious reasons. "We homeschool to comply with God's commandment that we nurture our children," said Cindy. "But there are other reasons, too. Children learn their behavior from those they spend time with. In public schools, the ratio of adults to children is 20 or 30 to one. At home the ratio is two to one, so our children are learning their behavior from adults."

Another mother who homeschools believes that since parents know their children best, they are better equipped than anyone else to teach them.

"Statistically, homeschoolers do much better academically than their public school counterparts," she said. "I also get to know my children much better, so I knew how to motivate them. [Public school] teacher certification doesn't make one a good teacher."

Of course, being a parent doesn't necessarily make one a good teacher, either. Every state has its own laws governing the operation of homeschools and establishing standards for homeschooled students. Here in California parents who want to homeschool

their children can file an affidavit with the local board of education essentially establishing their home as a private school. Although not required, many parents give their children standardized tests to get an objective measure of their children's progress.

Support groups for homeschools are gaining in both number and strength. Although many are affiliated with a particular religious faith, the secular homeschool movement is growing, also. Satellite school programs, whether affiliated with a religion or not, handle much of the paperwork involved in homeschooling, grading and the awarding of diplomas.

Parents who homeschool are usually members of a homeschool group which meets about once a week for field trips and other activities. This gives the children time to socialize and the parents time to discuss their concerns. Homeschooled children are also more inclined to join community teams and groups, so they don't miss the chance to play sports or be part of theatrical productions.

Even with the support available, parents who homeschool have to make a major commitment in order to succeed. While the mothers are the primary teachers, they agree that homeschooling wouldn't be feasible without the fathers stepping in in the evenings and on weekends to do their share. All agree that it is definitely a team effort.

"My husband is very supportive with the kids and with me," said Cindy. "I don't have any trouble being 'house bound.' I feel like I'm being fulfilled."

"My husband's support is really important," said another homeschooling mother. "He teaches, too -- we take turns. And I have time in the evenings and on weekends to get out on my own. Today's culture doesn't help any woman who chooses to stay home, so that's why it has to be a family commitment."

There is also a financial commitment involved, although it can be minimal. Some parents spend less than \$200 a year on books and supplies while others run up expenses of more than \$800. Most agree, however, that homeschooling is much less expensive than

private schooling.

From the children's perspective, homeschooling's advantages have mostly to do with time -- homeschooled children and teens can concentrate their studies during the day and be finished with coursework by the early afternoon.

"My kids really like it," said Cindy. "They've never been in a regular school, but they see that they have more time to pursue other interests. My nine-year-old volunteers to work at the horse stables with another homeschooled girl, something neither could do if they went to public school."

Another advantage is the scheduling flexibility homeschooling gives families. Cindy's husband is a submariner, so the family can plan schooling and vacations around his schedule. They also take advantage of his time at sea to go on extended visits to relatives.

"The aunts and uncles have enjoyed the fact that we're able to visit, and we have the time to see museums and take field trips while we're there," Cindy said. "One of our relatives lives near Washington, D.C., so we spent a lot of time at the Smithsonian and children's museums in the area. The relatives got to see the children learning and learned right along with them. They think that's pretty neat. We wouldn't be able to take the time off if the kids were in public school."

Children who have been to public school face a more difficult time in a homeschool situation because of the significant transition.

"My kids go back and forth about homeschooling," said one mom who started homeschooling her children two years ago. "Generally, they want to go back to public school when they're being asked to think. Other times, there's no way they'd change. I think that when you start later, as I did, that's when you tend to meet resistance."

She said she spent the first several months with her children teaching critical thinking because they didn't know how to put together information from several different sources and come up with a logical conclusion.

Continued on page 45

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An "Exceptional" Program of the Family Service Center

by John Hawk

You are special. Each one of us, as a matter of fact, is unique. Each one of us has our own special abilities, gifts, talents. Also each of us is a person with a "handicap." Every human being is "limited" in some way. None of us is perfect. We all have room for growth and improvement and "lots to learn" at least. Still further, we are all the same system -- share the same planet, the same community. If we mess it up, or it is messed up for us, we all have to share the results. So, it behooves us, in terms of common sense, to help each other work to overcome our handicaps/limitations/problems, and to be and do our best on a daily basis. This is at least part of the philosophical and humanitarian basis of the Public Laws mandating equal opportunity for handicapped persons.

The Family Service Center (FSC) helps implement the spirit and reality of this law in the Naval Postgraduate School community. A prime example is the FSC support of the Exceptional Family Member Program (EFMP). "Exceptional" translates "Handicapped" to many people, and too often it connotes "different" and/or "inadequate." We just noted that we are all "handicapped" in some way, so why put a label on those whose limitations may be more visible than ours. Labels are not all bad, however. Sometimes we call them "titles" and thus designate persons with special assignments or privileges. In any case, just as surely as we are all limited in some way, each one of us has a special contribution to make; the so-called "exceptional" ones most definitely included. So it behooves us to get to know every person and to help find avenues for expression for who we are and what we can do. This is the main supportive function of the Family Service Center in all its programs.

There is a group of children in the Navy community which is given a name, or title, to alert the rest of the community to some special needs. They are called "Exceptional Family Members" (EFM). To respond to these

EFM Program continued

special needs, the Navy has set up an "Exceptional Family Members Program" (EFMP). This is a program to help all of us work together to improve quality of life for all of us together, and especially the children who can make good use of a little extra help. Ultimately we all benefit. No person stands so tall as the one who kneels to help a child and his/her family.

The EFM program has basically two parts: 1) Enrollment of an eligible child, and 2) Making viable contact with the extra resources needed to meet the family member's needs.

Enrollment involves being aware there is a special need present. This nearly always requires a little time. As often as not, it is a matter of comparative development. For my little brother who was born with Cerebral Palsy, I can remember that he cried a lot, and our mother worried a lot, but it was a year or so before they were sure what the problem was. With all the specialists in the medical

community, the process is faster now. And the range of services and programs is much greater than it was just a few years ago.

When the special (physical, emotional, or other) need of the child of a Service Member is identified, the parents are provided with some forms to fill out to apply for inclusion in the EFMP. (These forms may be obtained at the NPS Family Service Center or the Primus Clinic.) One of the forms must be completed by a primary care physician such as are available locally at Silas B. Hayes, Army Hospital. If the child is enrolled in school, an Individualized Education Plan (IEP) must be prepared or a copy made and submitted with another application form.

A decision about whether the child is to be enrolled is made by a "Screening Committee" and the Service Member is notified of the results through his/her command. The Service Member's detailee is notified if a child is enrolled, and the child's needs are

taken into consideration in future assignments. Enrollment of an eligible child is mandatory; IAW SECNAVINST 1754.5.


Federal law requires that long-term medical and special education needs of every child be met. A wide range of special programs exist in every region of the country. The Family Service Center is charged with helping the EFM family know of their eligibility for these services and how to utilize them.

Brochures describing the program, the forms needed to apply, and staff persons at FSC are available to help inform you or to help you or someone you know to connect with EFMP. Forms are also available from the Primus Clinic, and from the Ft. Ord EFMP, Army Community Services. All completed forms must be submitted to Primus Clinic to be forwarded to the EFM Central Screening Committee.

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Parents' Place: A Most Important Discovery

by Lee Ann Armbruster

For the first weeks in Pacific Grove, I was fascinated with the charming inns, the handsome streets, and the unique shops. And, imagine being able to hear sea lions barking from my back porch! Very different from Tennessee! Little did I know that the most important discovery of our stay in this charming city would be Parents' Place, a class sponsored through Pacific Grove Adult School. Through this weekly class, my son and I have met wonderful new friends, expanded our understanding and our acceptance of one another, and have been exposed to different parenting styles and experiences. Adrian has discovered paints, music, and the difficult concept of sharing. I have found encouragement in allowing creativity to flourish and in developing a healthy self-concept in my son through positive discipline. I have also discovered a new respect for parents in our challenging, and often unappreciated, job of child-rearing.

Parents' Place in Pacific Grove began about five years ago as an extension of a parenting

program in Monterey. Gail Root, who had been working with the program in Monterey, saw the need for Pacific Grove parents to have a place of their own, and she and a friend started Parents' Place. At present, there are 15 classes a week: 13 scheduled classes and 2 drop-in classes. These classes are conducted by Gail and two other teachers, Linda Riddle and Margaret Hartman. The classes are for children ages birth to 3 1/2 years and their parents. The scheduled classes provide circle time, rhythmic activities, free play, art, outside play, music, snack, and a discussion for parents on subjects ranging from breast-feeding to toilet teaching to sibling rivalry. Although these classes are structured in their routine, the routine is very relaxed and flexible. If a child doesn't want to stop painting in order to sing songs at circle time, he doesn't have to. If he chooses to sing songs while painting, that's fine too. And, parents are allowed to have fun with their child! It's quite a thrill to see Moms and Dads enthusiastically singing "Itsy Bitsy



Spider" with their children. Adult concerns disappear as we're allowed to re-enter the wondrous world of childhood.

The drop-in classes run for three hours at a time, two days a week. During this time, parents and children come and go at their own leisure. This is a time when parents and children can meet other families from the other classes. Spending time with babies and toddlers have been great lessons for Adrian. He's learning how to be gentle with the little ones and seeing how much more fun it is to be a "big" boy.

A special extra for Parents' Place parents and children are the field trips, Dad's night at Parents' Place, and guest speakers. There are also Mom's-nights-out and Open Houses.

Even though Parents' Place has a lot to offer children, I think the parents are the

Continued on page 34



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Parents' Place continued from page 33
ones who benefit most. We have a chance to meet new people and expand our parenting network. We are exposed to a wide variety of resources on effective parenting. Our instructors' training and talents are extensive and diverse, and they are all parents. They know our worries and our joys. And, they are always willing to help.

During her five years with Parents' Place, Gail has noticed a familial support developing between parents. Babysitting coops have emerged. Support for new mothers and older siblings appear in the way of casseroles and trips to the park. Advice and complaints are shared and reviewed. And, there are always lots of eager parents and children to go with you on walks or outings to the park.

If you are living in the Pacific Grove area and are interested in learning more about Parents' Place, please call Pacific Grove Adult School (646-6623) or Parents' Place (646-6623) for more information. Tuition usually runs \$12.00 for a quarter. Unfortunately, space is limited at Parents' Place and priority

is given to Pacific Grove residents. If you live in the Monterey/Seaside area, there's still good news! The original program from which Parents' Place evolved is just a phone call away. Claudia Barry, the Parent-Child Together/Parent Education Director, encourages those who are interested to call 899-1593 for more information. At Parent-Child Together, the scheduled classes follow the same format as at Parents' Place. In addition, guest speakers come periodically in the evenings, talking to parents on a number of subjects ranging from nutrition to positive discipline techniques. Claudia describes her program as one that brings parents together and offers support and understanding on child development. She says, "Children are wonderful little people but they all do different things." Isn't it nice to know that our child's behavior isn't as bizarre as we think?


For those of you with older children, the Monterey/Seaside program and the Pacific Grove program each have a Parent Participation Pre-School. In these participation

programs, parents work in their child's class at least once a week. The pre-school teacher for the Monterey/Seaside program is Pati Belknap. She can be reached at 899-7076. The pre-school teacher for the Pacific Grove program is Jennifer Ross. She can be reached at 646-6583.

When we first came to the Monterey area, we were a bit apprehensive about living "on the economy" and not in military housing. We had heard the horrors of outrageous rents and unbreakable leases. But because of a housing error, we were forced to go house-hunting. I consider us lucky. We found a nice house and wonderful landlords in Pacific Grove. We were welcomed and encouraged to become part of our new community. Parents' Place took us in with open arms. Adrian and I shall miss our Parents' Place friends when we leave, but we are grateful that we ventured out into the community and found such a welcoming experience. I encourage all of you to explore your surroundings. There's no telling what you'll find! Enjoy your stay!

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For Thesis Writers: The Year of the Thesis

by Vickey Brown

This month David, my student-husband, and I find ourselves contemplating the one event which will dominate and enrich this academic year: the writing of his thesis. It will be our second such year, however, this time David will become the writer and I his supporting partner. While some students will anticipate their theses with enthusiasm, many more will have moments of anxiety. In the hopes that our experience will be of some value in alleviating such anxiety, I'd like to offer some thoughts and tips to make this a more rewarding and productive time.

Writing a thesis is very much like having a baby. It is an act of creation, an intellectual bringing-forth of new ideas and insights in a way never before expressed nor arranged in quite the same manner. Those prospective writers and their partners who already have children will recognize the signs and symptoms that expectant mothers and writers share: mood swings from elation, to depression, to frustration, to satisfaction; careful selection of just the right title; the need for periodic check-ups with a knowledgeable advisor to examine the progress of the growing thesis; new sleeping and/or eating habits; and, as the final due-date looms ever closer, increasing fatigue, irritability, and inward withdrawal. As in the labor and delivery of

childbirth, a theses involves struggle. It is a mental struggle to force the facts obtained through the research to reveal their meaning, a struggle without which there is no thesis, only a collection of facts.

The following tips for thesis writings are culled from the vest advice I received from my thesis advisors and from my research on composition evaluation.

1. **Pick a topic that you can live with**, for you will live with it both consciously and subconsciously every day, twenty-four hours a day, until your advisors' signatures are affixed to it. The more interest you have, or can generate in your topic, the easier it will be to write and the higher the quality of writing will be.

2. **Keep meticulous notes.** The greater the amount of effort spent in the early stages of planning and gathering materials, the less effort will be spent in the long run. There is nothing so frustrating as having to return to the library to search the stacks or micro-fiche files for that elusive source or page number you forgot to write down. Notes will also keep the shadow of plagiarism from haunting your creation.

3. **Remember the Law of Six P's: Proper Prior Planning Prevents Poor Products.** Make a detailed outline, not only

of the thesis proper, but also how you plan to obtain and analyze the data and materials. Use your outline to set reasonable and realistic writing goals and research objectives. Broken into smaller tasks, the thesis becomes a less awesome undertaking.

4. **Write first, correct later.** Don't get bogged down trying to produce polished sentences and cohesive paragraphs during the act of writing itself. Composing and editing are separate steps of the writing process; the focus of concentration is different for each. Get your thoughts on paper first, leaving room for grammatical, mechanical, and organizational revisions. Triple-space type-written, or double-space (use every other line) handwritten rough drafts to leave room for readable revisions. If you have the time, further separate the writing and editing tasks by letting a completed section rest a day or two before you attempt to edit it.

5. **Keep your perspective;** a thesis is not written in stone. Don't be afraid, or be offended by the suggestion to change or delete parts of what you have written. As you gain expertise in your chosen field, your thesis, like your knowledge and insights, should become more refined. Let your thesis reflect your greatest knowledge.

Continued on page 39

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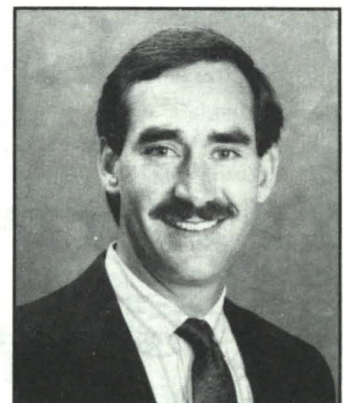


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Classmate takes a look at . . .

Sponsorship

by Joie Brunger

-- In an informal and unscientific survey, 19 out of 20 students interviewed said they did not hear from their sponsor before arriving at the Postgraduate School.

It is an all too common story among prospective students: The get a letter from their curriculum office telling them they have a sponsor. But the name in the letter never gets matched with face, a voice, handwriting . . . anything. This is probably because the assigned sponsor is a member of the Phantom Sponsor Society (P.S.S.).

P.S.S. is an illustrious if extremely secretive group of officers who earn membership by putting off any and all communication with the person they're supposed to sponsor. P.S.S. is also rumored to stand for Procrastinating Students Society, but nobody from the group has gotten back to me yet on its proper name.

The history of P.S.S. goes way back to the time when some wise and well-intentioned person thought it would be helpful for incoming students to have a Naval Postgraduate School point of contact. This person would be available to answer questions about housing, the curriculum and life on the Central Coast.

About this time, a small band of students were inadvertently forming the Phantom Sponsor Society, and it just so happened that quite a few of the students selected to be Points of Contact were members of the Phantom Sponsor Society. The rest of the story is the end of the story: Many students never heard from their sponsors.

Although the Phantom Sponsor Society does a tremendous job making sure incoming students never hear from their sponsor, credit must also be given to the Master of Mayhem, Allah of Administration, Patriarch of Paperwork, Dean of Documents, the Omnipotent Person in Charge of Orders (whoever that may be).

When an incoming student is ordered to the Postgraduate School, hard copy orders

are printed and sent out anywhere from six months to six days before the student is supposed to start classes. Let's take six weeks as an average. Let's say that the Naval Postgraduate School receives a copy of the orders five weeks before the report date. The incoming student's curriculum office get a copy of the orders at four weeks. A sponsor is assigned at three weeks. Two weeks before the student is supposed to report, the sponsor tries to get in touch with him or her. Guess how much luck the sponsor has? Getting orders on incoming students in time for the sponsor to contact them could be one of the major reasons for any of the program's problems.

A second administrative headache is the cryptic information those orders provide: name, previous command, assigned curriculum, and a lot of accounting data. Not included are martial status or family size, probably the two most important details for both the sponsor and the student.

A further problem is the cryptic nature of the cryptic information: the incoming student's command is identified only by an acronym that must be deciphered using something called the Standard Navy Distribution List. The list is divided into two rather hefty books, and not everyone has a complete set. That makes it a challenge for the curriculum office to even find out an incoming student's mailing address.

As if this weren't enough bureaucracy to thwart the sponsor program, there's also the matter of the revised Standard Navy Distribution List. The Navy is in the process of changing how its mail is addressed and has recently revamped the publication. Unfortunately, all the curriculum officers who assign sponsors do not yet have complete updated copies.

In spite of all this, some students are indeed assigned sponsors in time for the sponsor to help. Many students fail to win membership in the Phantom Sponsor Society and do indeed sponsor officers who are on their way

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Continued on page 42

You Know It's Time to Move When . . .

by Ann Malokas

You know it's time to move when...

...the garage (or attic, oven, windows, storage shed...) needs to be cleaned.
...the freezer needed to be defrosted.
...you find a friend, a positive soulmate.
...the car develops a problem that would be minor if you were staying in town but calls for big bucks and major garage time if you're driving long distances.
...likewise, a child develops an ailment that would be no major worry until you have to keep antibiotics cool in a warm car.

You know it's time to move when...

...the bank cashes your checks without ID.
...the little league team is in the middle of a championship season.
...you find a hairdresser (butcher, mechanic, babysitter, vet, aerobic instructor...) you completely trust.

You know it's time to move when...

...you discover the best restaurant in town.
...the car can find K-Mart on automatic pilot.
...you finally establish check-cashing privileges in every major supermarket.

You know it's time to move when...

...your daughter makes the cheerleading squad.
...your toddler's name becomes first on the waiting list for the best preschool in town.
...your local bank offer 1000 free printed checks.
...you remember 13 local attractions you wanted to see (and now will no longer have time to).

You know it's time to move when...

...you succumb to a childish, "...but I'll take care of a pet and we have this big, fenced-in yard."
...the PTA finally implements all the changes you've worked years to bring about.
...the meat market has a give-away sale on a side of beef.
...you figure out how to get that awful spot out of your daughter's beautiful lace curtains.
...your teenager falls in love and the object of affection notices.
...you find a bar where the house buys an

occasional round.

...the mortgage rates go up.
...the kids are all exposed to chicken pox.
I know it's time for the Malokas clan to pack up, too, because my stomach is doing triple flips.

I suffer from a chronic and severe case of moving van intolerance.

Adding to the hysteria/excitement/panic level for us this time is the fact that we are retiring from the Air Force.

Maybe, just maybe, this dose of major resettling will be our last. (If I say this too loudly, will I offend the gods of that big moving and storage company in the sky?)

My husband has acquired a fondness for the handsome civilian clothes in his closet and is even making reluctant acquaintances with a blow drier.

I have this fantasy of drapes that really fit the windows and walls that are ANY color but white.

Our roots are ready for a more permanent transplant.

It's perfectly ridiculous to be crying.

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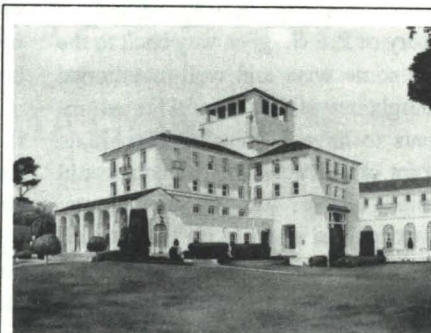
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6. To read **Practical Research: Planning and Design**, Second Edition. The book is published by MacMillan and Company, Incorporated and can be obtained by writing the company at 866 Third Avenue, New York, New York 10022. It is an extremely valuable tool offering practical guidelines.

For your partner

The role of a thesis writer's partner is a multi-faceted one. You will become part couch, part nurse, part servant and part confidant. These are only a few of the many capacities in which you can serve. It can be a rewarding role, for with your support your writer's efforts are possible. Without my partner's help my thesis would still be unfinished. I owe a great deal to David, and look forward to the chance to repay him in kind. Those things that he did for me, that contributed most to providing an atmosphere and environment conducive to good thesis writing, I offer here for the partners of thesis writers.

1. **Your writer is like a pregnant woman;** handle with care. Lighten your writer's workload by reducing household, parental, financial and social responsibilities whenever possible. Take on those chores or duties, however large or small that you can. Your extra efforts, and those of your children (should you have them), will not go unnoticed nor unappreciated in the long run.

2. **Give your writer positive reinforcement:** it can be done and your writer can do it! It really helps to hear that they worked, especially after a grueling session with an advisor.

3. **Offer the use of your special talents.** If you are the better typist, give your writer an occasional break. If you are a good speller or proof-reader, assist in the editing phase; it is not necessary to understand everything you are reading if you can locate that misspelled word or improper punctuation. If you are uncomfortable with, or not particularly proficient at either of these tasks, offer to be a listening post. Have your writer, or yourself, read slowly out loud to the other the finished drafts. Many times the mistakes will show themselves: something won't sound right.

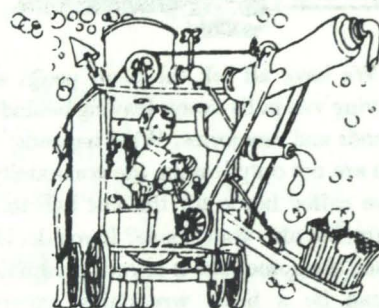
4. **Watch for fatigue;** a tired writer is a

poor writer. Plan quiet, pleasant diversions to relax and refuel your writer's spirit. Let your writer unwind with some fun family project or pastime, a soothing cuddle session, or an old-fashioned back rub. Usually a short ten-to-twenty-minute break will be all your writer needs; other times you may have to insist on a writing limit and an earlier-than-usual bedtime. Packing your writer off for some much needed rack-time at 10 p.m. or midnight to return to the task at dawn, is preferable to having a fatigued writer continue "at all costs." Help your writer see the wisdom of writing fresh.

5. **Don't let your writer become a stranger to you or your family.** Encourage your children to write notes to their writer-parent, which can be read and answered at the writer's convenience. This will not only provide a quiet activity for your children (which allows your writer to remain at home) but will keep the lines of communication open between children and parent, as well as sharpen the children's writing abilities. Plan at least one dinner a week where all family members are present to share and enjoy each other's company. You might consider relaxing table-manner-training requirements at this one meal to help keep the atmosphere light and enjoyable for all. Make a "date" with your writer for a quiet dinner for two (after any children are asleep). An appetizer sent in to your writer will help keep the "hungries" away and act as a reminder for your "late-date." Take a picnic over to the library or computer center to take advantage of your writer's lunchtime or to provide a welcome and expected dinner break.

6. **There is a definite end in sight.** While it may seem at times that an overseas unaccompanied tour or a long sea duty deployment would be preferable to living with thesis writer, you have the chance to share with your writer the joys of creating a new idea, the frustrations of an elusive work, the satisfaction of a well-tuned phrase, and the pride in a job well done. The day will come when your very own author hands you a manuscript complete with approving signatures and binding, with an air not unlike that of a new mother handling you her child for the first time. Rejoice in the knowledge that it will also be your child.

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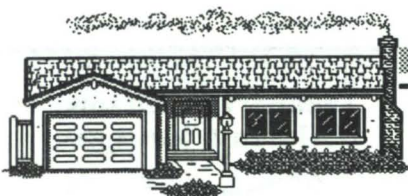
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We Couldn't Bring the House

by Carol McGuire

We have all felt the heart pangs as the moving van pulls away, leaving behind good friends and memories. What happens, when you are not only leaving the community you have called home for the last two to three years, but also your house? If you decide not to sell the home, and it is your dream house, it can be a heart wrenching experience knowing renters won't love it the way you do. Even if you originally bought the house knowing it would eventually be an investment property, your mind will still be racing with all the details of what to do with the property once you vacate it. If you can not or do not wish to sell your house, you had better start looking for a management company, because when the orders say PCS, you can't bring the house.

So how do you find a trustworthy Management Company? One couple, Michael and Susan Everingham, left behind a Townhouse in Richmond, Virginia. When they received orders to The Naval Postgraduate School they decided that the seller's market in Rich-

mond was too poor for them to get their money's worth out of their house. When they decided to rent out their home, they found their management company through a client at Susan's job. Susan said, "I am happy with the arrangements we have made through our management company because I really trust them. It is definitely worth the money." She added, "You can't expect your friends to casually go over and check on your house for you. Oh, and you shouldn't rent to friends."

Their management company, locates renters for their home, collects the rent, and sees that repairs are handled properly. For this service the company receives ten percent of each month's rent. Will they ever return to their home? "That's a good question," stated Susan. "It was our first home together, so it holds a lot of memories. We may keep it as a vacation home." Her advice to other military families leaving behind their houses: "Get insurance to cover any damage your renters may cause and know your rights. If you rent

the movie Pacific Heights, it may scare you out of having renters in your home, because it shows you how few rights you have as a home owner."

Another couple, Robert and Pamela Barton, own a home in Maryland. They located their Management Company through their realtor. They also faced a poor seller's market, but were able to find their own renters. Doing this saved them the fee their Management Company would have charged them to find a renter for them, which was eighty-five percent of one month's rent. Pamela says, "I worry about the wear and tear on my carpets and I miss my refrigerator, but otherwise I try not to worry too much." Robert added his advice, saying, "Find a good Property Manager, and don't leave anything in the house that you ever want to see again."

Paul and Catherine Souter have a home in Jacksonville, Florida that they admit to being "emotionally attached to." This can make finding the right Management Company even

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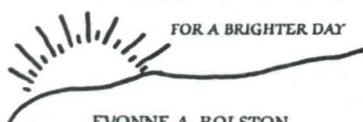
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more essential, since they plan to return to their "one of a kind" home. For twelve percent of each month's rent their company provides the essential service of keeping the place regularly rented so that their mortgage is covered. The Soutter's had one bad experience with a renter who made structural changes to part of the cottage attached to their house. Despite the well-written lease agreement provided by the Management Company, they were powerless to recoup their damages. Speaking of this experience, Paul echoed the sentiments about the movie "Pacific Heights" and knowing your rights. He suggested that you make your management company keep a video tape on file of your home, and then require that they do an end-of-lease walk through with the tenant.

Cam Templeton, a Realtor with Long & Foster Professional Realty in Tidewater, Virginia, visits the Monterey Peninsula quarterly to help military families relocate to that area. Though relocation is her specialty she was also a good source of information on finding a Management Company. She suggested that "a homeowner's first step should be to call The Board of Realtors in the area of your home." She suggests using a "larger company" because they will be able to provide a wider range of services such as monthly statements to the owners and repairs. She stated that it is also important for homeowner's to use a "reputable management company" who know the laws on discrimination and will not leave the owners open to a civil suit. Another important point is doing a pre-rental walk through inspection with your Management Company, so that there is no question as to the renter's damages at the end of any lease. Military families need to make sure that there is a Landlord's military clause so that in the event the owner is transferred back into the area they can move back into their home without waiting for the end of the renter's lease.

Lynn Johnson, Program Director for the Brokers Program at Long & Foster noted that "Costs differ for Management Companies depending on the area of the country and for the services provided." She also pointed out that homeowner's can list their property for rent with one company, while having the management agreement with another. If this is the case she said to "make sure to have a mutually agreeable contract between the two companies and the

Continued on page 45

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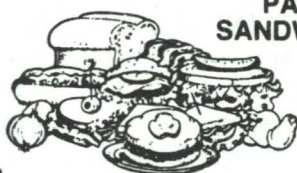
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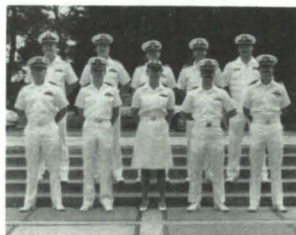
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Sponsorship continued from page 37

to the school.

The crux of being a decent sponsor is exceedingly simple: call the incoming student and ask how you can help. While you're talking with your sponsoree, make sure to get some ideas of family circumstances. Are you dealing with a single parent, a confirmed bachelor or a household of husband, wife, four kids, cat, dog, and goldfish? To ensure the curriculum office has sent out a school catalog and Welcome Aboard package to the correct address, you'll also need to confirm the best way to reach the incoming student by mail.

If you miss getting in touch with the student because he or she has already left the previous command, then it would be a courtesy to contact the student after he or she arrives, introduce yourself, and ask if there's anything you can do now that they're here.

Above all, call. Give an incoming student someone available here in Monterey just in case they need, say, a newspaper with rental information. That may be all that's needed. But ask questions. Find out how you might be able to help.

Be sure, also, to keep your own limitations in mind. Some sponsors actually invite new students to stay with them until they get settled. That may not be feasible, so instead you might be able to identify places where an incoming student -- with or without family -- might be able to stay.

You are not responsible for incoming student and family, you are a resource person. And the best way to fill that role is to be available to answer questions. You may find that exclusion from the Phantom Sponsor Society gives you a tremendous opportunity to meet a new friend.

Adobe Needs Weekend Docents

The Monterey History and Art Association is looking for volunteers to be docents at Casa Amesti one Saturday or Sunday per month from 2:00 - 4:00 p.m. Casa Amesti is a fully furnished historic adobe open to visitors on the weekends.

The Monterey History and Art Association depends almost entirely on volunteer support, and relies heavily on Navy spouses to volunteer as weekend tourguides. If you have any questions, please call Ester Josi at 624-8876 or Karen McGrath at 656-2521/2522.

Where Shall We Put All This Stuff?

by Caryn Mears

It's happened. You have accepted military housing. You have made the choice between the lesser of two evils, the corner lot with lots of yard and lots of traffic or the "high rise" condo with no yard and no privacy. Your choice is tolerable until your household goods arrive. Mentally you had positioned each item of furniture in its own little spot from your housing floor plan. But when the movers start bringing it in, you discover your imagination and your memory were shorter and smaller than your present belongings. Well, have no fear, NPS does provide a solution to the cramped quarters they provide.

The Personal Property Office provides storage space at military expense to house those excess belongings. An incoming family has 30 days after delivery of their household goods to decide what needs to be stored. Any household-type goods, clothing, furniture, professional books or even extra appliances -- like your refrigerator or a gas dryer -- may be stored. Items not accepted for

storage would include those items normally stored outside, such as lawn mowers, bicycles, or any flammable materials. Empty containers, such as stereo or TV boxes should not be stored, as you will not have access to those items prior to your move.

Application for storage is made to the Personal Property Office located in the East Wing of Herrmann Hall. The Personal Property Office will assign a moving company to make the pickup. The moving company is authorized only to pack boxes, not to unpack old boxes for repacking, so having everything well organized will help. Make sure that all boxes are clearly marked and that you have an accurate inventory of their contents. They also request that you have like items placed together, i.e. children's clothing and toys or maternity clothes, should you want to obtain a particular item during your stay at NPS.

Should you realize that when you need things out of storage, you make application through the Personal Property Office, where

determination will be made as to validity of your request. In my personal circumstances, I contacted the office, requested our entire shipment, which consisted of the maternity clothes, baby clothes, crib and necessary baby items as well as all of our stereo equipment. A pregnancy is automatically considered a valid reason to obtain items out of storage. However, the Personal Property Office discourages the indiscriminate use of the storage containers and will charge a fee for opening the container for what they feel is not a good reason. You must be sure that you absolutely do not need to use those items while you are here. Don't store your skis and winter clothes and then plan a ski trip up north and figure you can get everything out of storage. It just may be a very expensive trip paying for the storage container to be opened. The government rate for opening a container is approximately \$22.00 per hour.

If you find yourself crowded with a lot of belongings and very little space, contact the Personal Property Office at 656-2151.

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				<input type="checkbox"/> Fireplace	<input type="checkbox"/> Appliances	<input type="checkbox"/> Central Air	<input type="checkbox"/> Transportation
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Rate/Rank _____ Years in Service _____							
House Type: <input type="checkbox"/> Single Family <input type="checkbox"/> Townhouse <input type="checkbox"/> Other _____							
Price Range _____ Desire: <input type="checkbox"/> VA <input type="checkbox"/> FHA <input type="checkbox"/> CONV <input type="checkbox"/> ASSUME							
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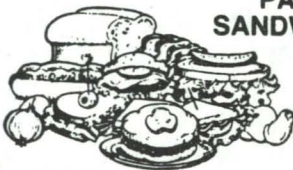
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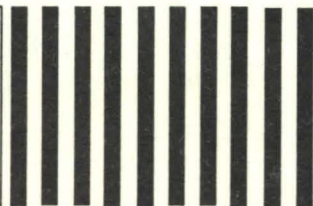
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Sponsorship continued from page 37

to the school.

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THE WASHINGTON POST

REAL ESTATE

SATURDAY, JUNE 30, 1990

Long & Foster Realtors, the largest real estate firm in the Washington Area, is one of the top-ranked real estate firms in the country, according to the Consumer Reports survey.

Long & Foster, a 22-year-old firm with 173 offices from Baltimore to Norfolk, scored a 77 total on the overall 100-point home-seller satisfaction index, which made it the second-rated firm in the country, according to the survey of 72,000 Consumer Reports readers.

Topping the list was Edina Realty, which operates in Minnesota and Wisconsin and received a 78 percent approval rating among Consumer Reports readers. Long & Foster edged out two other national firms—Re/Max and Merrill Lynch Re-

alty, now known as Prudential Real Estate Affiliates, both of which have offices in the Washington area.

"We were thrilled," said P. Wesley Foster, Jr., president of Long & Foster, who attributed the strong ranking to good sales agents and an accomplished training department.

Several large national companies left readers more dissatisfied. Century 21, the largest brokerage firm in the country, won a 69 percent approval rating, while 68 percent of the readers surveyed who had sold their homes in the past four years were pleased with the performance of ERA Real Estate.

—Kirstin Downey

Where Shall We Put All This Stuff?

by Caryn Mears

It's happened. You have accepted military housing. You have made the choice between the lesser of two evils, the corner lot with lots of yard and lots of traffic or the "high rise" condo with no yard and no privacy. Your choice is tolerable until your household goods arrive. Mentally you had positioned each item of furniture in its own little spot from your housing floor plan. But when the movers start bringing it in, you discover your imagination and your memory were shorter and smaller than your present belongings. Well, have no fear, NPS does provide a solution to the cramped quarters they provide.

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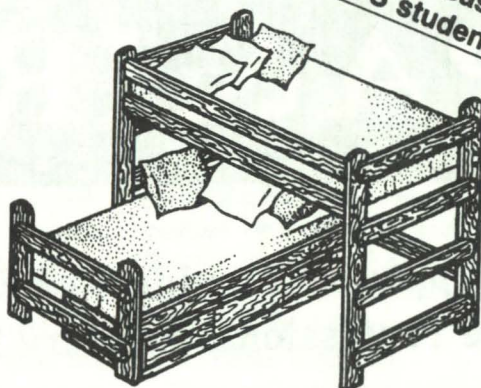
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gymnasium, pool, and other support facilities. The school also has a stable, but riding classes, as well as several other specialized sports classes require payment of an additional fee.

This school has a low student teacher ratio, and a full music and physical education program. In addition, they provide computer labs, Drama, a TV production studio, and advanced placement and honors classes. They teach English as a foreign language for foreign students. Monte Vista states that its goal is "to provide both opportunity and motivation towards spiritual, moral, academic, social and physical excellence on a non-discriminatory basis."

Tuition for the first child at the middle school is \$3,100 a year. The high school tuition is \$3,500. Tuition assistance is available, and students are only admitted after an interview. Students are asked questions about their personal faith on the application form. Students and teachers are obligated to abstain from smoking and the use of any

drugs including alcoholic beverages.

The school is located at Two School Way, Watsonville, CA 95076. The phone number for more information is 722-8178. They have boarding facilities, and offer an interdenominational Christian education.

Salinas Christian School is another option as far as a Bible-based curricula are concerned. Salinas Christian takes students from pre-school through eighth grade. They use the ABEKA Christian curriculum, which emphasizes strong academics. The Salinas Christian School is a ministry of the Calvary Assembly of God in Salinas. Doctrinal differences are not stressed in the school, and students from other denominations should be comfortable there.

Their junior high program includes Literature, Social Studies, Math and Science, Language Arts and Physical Education. There are school musicals and dramatic productions. They also participate in chapel services and outdoor education camps.

There is no bus service from Monterey, so

children would have to be driven into Salinas daily, but their tuition costs are the lowest that I have found in the area. There is an application fee of ten dollars, initial enrollment is \$110, which includes insurance and year-book (pre-school is less) followed by ten monthly payments of \$220. Students who need the extended daycare pay tuition of \$85 a week. Additional children are less, so for more information contact the school at 449-5421. The school is located at 345 E. Alvin Drive in Salinas CA 93906.

All Saints Episcopal School in Carmel is a co-educational grade school which is run under the auspices of the Episcopal Church. Their curriculum is more similar to the Catholic schools than to the previously mentioned Protestant schools. The basic courses are high school preparatory with the addition of a religion class. This is opposed to the entirely Bible-based curriculum of Monterey Bay or Salinas Christian. Judeo-Christian ethics and values are stressed daily, however.

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They offer music appreciation, art, and physical education programs. The class sizes are small, and good citizenship is stressed.

The cost of one year at All Saints for the first child varies according to grade level. Pre-kindergarten and kindergarten cost \$5,700 for the year. Other grade levels vary, with eighth grade the most expensive at \$7700 for the year. For additional information contact the school at 624-9171. They are located at Route 2, Box 763, Carmel, CA.

One of the independent private schools in the area is the **Robert Louis Stevenson School**, which includes both lower and middle school. The school is co-educational and specializes in individualizing a child's education. They accomplish this by keeping the child to teacher ration small and teaching children how to learn. Field trips are part of the curriculum in every grade. Each classroom has two computers which are used daily as problem solving tools.

Stevenson has a very complete arts program which explores both instrumental and vocal music and includes recitals. Artistic skills are fostered by the use of various mediums, and the school has a dance program which includes classical ballet, tap and modern dance.

The school has a flexible day option which allows for the schedules of working parents to be accommodated. The all inclusive tuition fee for one year at Stevenson is \$7,200. For additional information call 626-5200. The school is located at 24800, Carmel, CA.

York School in Monterey is another independent, co-educational day school. They teach middle and high school students. York boasts a nine-to-one student to instructor ratio which allows for a great deal of individual attention per student. They have a basic college preparatory curriculum and their students regularly score highly on standardized tests.

York was named one of the "Schools of Excellence" by the U. S. Department of Education Blue Ribbon Schools Program for 1990-1992. They have comprehensive Music, Drama, and Physical Education programs. They have a computer lab which allows hands-on experience for all students.

York is located at 9501 York Road in Monterey, which is off of Highway 68 as you head towards Salinas. Their phone number is 372-7338.

The **Waldorf School** in Monterey specializes in young children. They begin with nursery school and teach through grade four. This is a co-educational and independent school. They are not affiliated with any particular church, but they teach Christian stories, and in the third grade students do an in depth study of the Old Testament. Children of various backgrounds and beliefs would be comfortable.

The Waldorf School is located at gate four of the Monterey Fairgrounds until June when they expect to relocate. There is no bus service, so children are driven to the school. Music and Art instruction are offered and class sizes are small. They offer foreign language instruction beginning with grade one.

School starts at 8:30 a.m. and ends at three for second grade through fourth. The first grade goes from 8:30 a.m. to 2 p.m.; and the kindergarten from 8:30 a.m. to 12:30 p.m.. The only after school program offered ends at 3:20 p.m.. Tuition is just under \$5000 for one year. Information is available from the school office, the phone number is 372-4677.

Parents of young children in the area have a choice of several options in providing a good education for their children. Careful deliberation and a knowledge of your child's personality will lead you to the option which best suits your child.

.....
Romance continued from page 27

return, we enjoyed sitting in the great room in front of the fire, sipping on spiced cider. In the morning we had a lovely breakfast before heading back to reality. The cost of a Bed and Breakfast will vary depending on the season and availability of rooms, but the fond memories of visiting these inns are invaluable.

There are many other places with great reputations for ambiance and romance that are on our list to try. These include the restaurants; Fresh Cream and The Old Bath House, both in Pacific Grove, and The Ventana Inn and Restaurant in Big Sur. I suppose it is relevant to mention that it is not necessary to leave our home for a romantic evening. With a bit of creativity and initiative, the opportunities are infinite. However, we are living in such a beautiful area, I recommend getting out of the house to capitalize on the Monterey experience.

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Quilters Guild continued from page 23
are especially happy to help beginners. Find out more about the MPQG by calling me or President B.J. Neighbours at 372-1619. I am so glad that stumbled onto this group. They have given me instruction, inspiration and encouragement.

Someday I will make a quilt for my daughter's old age. I am going to put it in a cardboard box and tie it with string and leave it on her shelf to grow dusty with age. Then, when she has moved her bed downstairs, I will still be there to wrap her in my love and care and comfort. That is really what quilting is all about.

Homeschool continued from page 29

While some parents appreciate the chance to get to know their children much more intimately, others see the tight relationship of homeschooling as a drawback for both them and their children. Some parents believe their children need to break free of them, and the public school setting is a well controlled way for them to do so. Others need the time their children spend in school to meet their own needs.

While not for every family, homeschooling can be an option for parents who don't feel comfortable sending their children to public schools. Local homeschool support groups have regular meetings, and any interested parent is welcome. Parents who already homeschool recommend that anyone considering homeschooling their children do their research beforehand.

"Keep your eyes open," said one mother. "Talk to people, call around. There's a lot of information out there."

For more information, talk to a parent who homeschools; use the military networks available through the Naval Postgraduate School, primarily the spouse's clubs and chaplains organizations. If you'd like to read more about homeschooling, any of the several books by Ruth Beechick or Dr. Raymond Moore will be helpful.

House continued from page 41

homeowner."
If you are stationed at NPS and own a home, you have surely lived through some of these scenarios. If you do not own a home, hopefully, the advice the above homeowner's offered will help you decide if owning your own house is worth the hassle. All the homeowners did say that they would buy again if they had it to do over.

Quick Find Telephone Numbers

Emergency Numbers

Police	911
Fire	911
Ambulance	911
NPS Security	656-2555
if busy	656-2556
after 4 p.m.	656-2441
Fort Ord Emergency Room	242-7631/7632/7633
if busy	242-2020/6311
Suicide Prevention(24 hours)	649-8008
24-Hour Crisis Hotline	373-4773
Rape Crisis Center of Monterey Pen. (24 hr)	375-4357
YWCA-Domestic Violence of Monterey Pen.	372-6300
Monterey County Dept. of Social Services ...	899-2571
Sheriff's Dept.	373-8411

NPS Numbers

Navy Federal Credit	373-2725
Chaplain Offices	
Catholic	656-2242
Protestant	656-2241
Child Development Center	656-2734
Computer Center	656-2734
System Status (recording)	656-2713
Family Service Center	656-3060
Information Operator	656-2441
(Mon. - Fri., 8:00 a.m. - 4:30 p.m.)	
Legal Office	656-2506
Library	
Information	656-2947
Mon. - Thur., 7:30 a.m. - 11:00 p.m.	
(services open 8:00 a.m. - 10:00 p.m.)	
Fri., 7:30 a.m. - 6:00 p.m. (services open 8:00 a.m.)	
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Paging	656-2920
Navy Exchange	
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Paydays 10:00 a.m. - 6:00 p.m.	
Sun., 12:00 noon - 5:00 p.m.	
Lay Away closes at 4:30 p.m.	
Barber Shop	
Main Exchange	373-5933
Herrmann Hall	373-5505
Mon. - Fri., 8:00 a.m. - 5:30 p.m.	
Beauty Shop	
Main Exchange	373-5933
Mon. - Wed., Fri. & Sat.	
8:00 a.m. - 4:30 p.m.,	
Thur., 8:00 a.m. - 6:00 p.m.	
Closed Sunday	

Bookstore	373-1121/7343
Mon. - Sat., 10:00 a.m. - 5:00 p.m.	
Customer Service/Cashier	373-3575
Laundry/Dry Cleaners	373-5933
Mon. - Thur., 10:00 a.m. - 5:30 p.m.	
Fri. - Sat., 9:00 a.m. - 6:00 p.m.	
Sun., 12 noon - 4:00 p.m.	
Optical Shop	373-5933
Mon. - Sat., 10:00 a.m. - 5:00 p.m.	
Package Store	373-7511
Mon. - Sat., 10:00 a.m. - 6:00 p.m.	
Sun., 12 noon - 5:00 p.m.	
Service Station	
Mon. - Fri., 7:30 a.m. - 5:00 p.m.	
Sat., 9:00 a.m. - 5:00 p.m.	
Sun., 12 noon - 5:00 p.m.	
Repairs	
Appointment desk	373-7271
Mon. - Fri., 8:00 a.m. - 4:00 p.m.	
Closed Sat. and Sun.	
Uniform Shop	375-3737
Navy Relief	373-7665
Mon., Wed., Fri., 10:00 a.m. - 1:00 p.m.	
Officer's Club Office	372-1339
Personal Property (Household goods)	656-2151
Mon. - Fri., 8:00 a.m. - 3:30 p.m.	
Closes at noon on Wed.	
Post Office	656-2585
Mon. - Fri., 9:00 a.m. - 4:30 p.m.	
Quarterdeck	656-2441
Recreation	
Gear Issue Room	656-3118
Golf Course	
Pro Shop	656-2167
Snack Bar	373-8118
Gym	656-3188
Recreation Office	656-2466/2467
Sports Director	646-2497

La Mesa Numbers

Elementary School	649-1879
Housing Office	656-2321
Mon. - Fri., walk-ins, 9:00 a.m. - 3:00 p.m.	
Mon. - Fri., 8:00 a.m. - 4:30 p.m. phone calls	
Closed Sat. and Sun.	
Village Store	375-0959
Mon. - Sat., 10:00 a.m. - 7:00 p.m.	
Sun. & holidays 12 noon - 6:00 p.m.	
Teen Center (6-18 year olds)	656-2127
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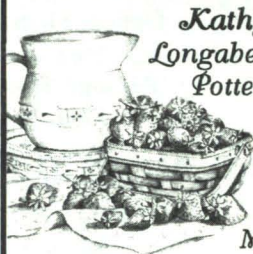
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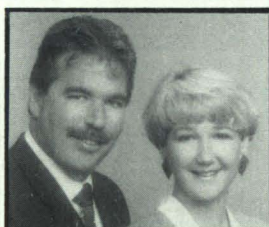
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